

Nachos

Meal Components: Grains, Meat / Meat Alternate

Appetizers, Snacks, G-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched taco shell pieces	6 oz		12 oz		<ol style="list-style-type: none">1. Spread 6 oz of taco pieces on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 Servings, use 2 pans.2. Top each pan with 12 oz (1 ½ cups) of salsa and 13 oz (3 ¼ cups) of cheese.
Salsa (C-03)	12 oz	1 1/2 cup	1 lb 8 oz	3 cups	
Reduced fat cheddar cheese, shredded	13 oz	3 1/4 cups	1 lb 10 oz	1 qt 2 1/2 cups	<ol style="list-style-type: none">3. Bake until cheese melts: Conventional oven: 375°F for 7 minutes. Convection oven: 350°F for 5 minutes. For best results, serve immediately. No CCP necessary.4. Score each pan 5 x 5 (25 pieces). Portion is 1 piece.

Notes

Special Tip:

For an attractive garnish, use 1 Tbsp of lowfat sour cream or plain lowfat yogurt and 1 Tbsp of Salsa (C-03).

Serving	Yield	Volume
1 piece provides the equivalent of ½ oz of cheese and the equivalent of ¼ slice of bread.	25 Servings: 2 lb 2 oz 50 Servings: 4 lb 4 oz	25 Servings: 25 pieces 50 Servings: 50 pieces

Nutrients Per Serving					
Calories	77	Saturated Fat	2 g	Iron	
Protein	5 g	Cholesterol	8 mg	Calcium	148 mg
Carbohydrate	5 g	Vitamin A	115 IU	Sodium	166 mg
Total Fat	4 g	Vitamin C	2 mg	Dietary Fiber	1 g