Southwestern Stuffed Potatoes

Cooking time: 60 minutes

HACCP Process #2 Same Day Service





1 Serving Provides:

CACFP: 1 ounce Meat/Meat Alternate, 5% cup Vegetables NSLP: 1 ounce Meat/Meat Alternate, ½ cup Starchy Vegetables, ½ cup Other Vegetables

SFSP.	1 ounce	Meat/Me	at Alternate	5/8 cun	Vegetable

	8 Se	ervings	16 Servings	
Ingredients	Weight	Measure	Weight	Measure
Russet potatoes, 80 count size		4 large		8 large
Black beans, rinsed and drained	12 ounces	2 cups	1 pound 8 ounces	1 quart
Salsa		1½ cups		3 cups
Sweet corn kernels	10 ounces	2 cups	1 pound 4 ounces	1 quart
Reduced fat cheddar cheese, shredded (or try a blend of cheddar and mozzarella)	4 ounces	1 cup	8 ounces	2 cups



Directions

- 1. Preheat the oven to 400°F. Line a sheet pan with parchment paper.
- 2. Scrub and wash the russet potatoes. Place potatoes on the prepared sheet pan and spray each potato lightly with pan-release spray. Turn the potatoes over and lightly spray the other side. Poke the top of each potato with the tines of a fork.
- ${\it 3. \,\, Bake in \, the \, preheated \, 400°F \, for \, about \, 40-60 \, minutes, \, or \, until \, potatoes \, are \, tender \, through \, the \, center.}$
- 4. Meanwhile, combine the black beans, salsa, and corn.
- 5. Cut the potatoes lengthwise in half and arrange them cut-side-up on the sheet pans. Flatten each potato with a fork. Place ½ cup of the black bean, corn and salsa mixture on the center of each flattened potato. Top with ¼ cup (1 ounce) of the shredded cheese.
- 6. Return to the preheated 400°F oven for about 10 minutes.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serving	Yield	Volume
½ baked potato	8 Servings: about 3 pounds 16 Servings: about 6 pounds	N/A

Nutrients Per Serving						
Calories	335	Sodium	328 mg	Vitamin A	418 IU	
Total Fat	3.6 g	Carbohydrate	50 g	Vitamin C	16 mg	
Saturated Fat	1.9 g	Dietary Fiber	7 g	Iron	4 mg	
Cholesterol	11 mg	Protein	13 g	Calcium	161 mg	

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