Dry Beans and Peas

This main dish is filled with hearty, healthy ingredients. Its colorful vegetables are layered with crunchy corn chips, smooth black beans, flavorful cumin, oregano, and lively salsa, and baked to perfection as an aromatic, savory casserole.

Fiesta Mexican Lasagna

ITHACA CITY SCHOOL DISTRICT
Ithaca, New York

Our Story

At the Ithaca City School District in picturesque Ithaca, New York, their mission is to educate every student to become a life-long learner. The team's chef is a co-owner of a local restaurant which is considered one of the "pioneer" restaurants for preparing and serving healthy, local, plant-based meals.

The New York Coalition for Healthy School Food was just beginning to work with the school district on a project that develops and implements plant-based entrées, using local organic beans as much as possible, and a team was created. For its entry into the *Recipes for Healthy Kids* Competition, the team worked to create Fiesta Mexican Lasagna.

While developing the recipe, team members spoke with students to gain feedback on the recipe and conducted numerous tastings, which allowed the team to modify the recipe accordingly. The team and students were thrilled that the recipe was selected as a finalist. Fiesta Mexican Lasagna features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your students wanting more!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Denise Agati (Food Service Director)

CHEF
Wynnie Stein (Chef, Moosewood Restaurant)

COMMUNITY MEMBERS
Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric Smith (Owner, Cayuga Pure Organics)

STUDENTS
Alyia C. and Josie W. (Middle School Students)

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-62r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup 1 Tbsp		½ cup 2 Tbsp	1. Combine oil, green peppers, corn, and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18″ x 26″ x 1″). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2. Roast uncovered until lightly brown around edges: Conventional oven: 350 °F for 20 minutes Convection oven: 350 °F for 12 minutes
*Fresh green bell peppers, diced	10 oz	1 ½ cups	1 lb 4 oz	3 cups	
Canned low-sodium corn, drained, rinsed	3 lb	1 qt 2 ½ cups (⅔ No. 10 can)	6 lb	3 qt 1 cup (1 ⅓ No. 10 cans)	
*Fresh onions, diced	3 lb	2 qt 1 ⅜ cup	6 lb	1 gal 2 ¾ cups	
*Fresh butternut squash, peeled, cubed ½″	3 lb 8 oz	3 qt 3 cups	7 lb	3 gal 3 ½ qt	3. Place squash in perforated steam table pan (12″ x 20″ x 2 ½″) and steam for 15 minutes or until tender. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5. Mix well. Set aside.
Ground oregano		1 Tbsp 1 tsp		2 Tbsp 2 tsp	5. Lightly coat nonstick pan with pan release spray. Sauté remaining onions, oregano, and cumin with garlic, chili powder, paprika, and salt for 5 minutes or until soft.
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Chili powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-62r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	8 lb 8 oz OR 8 lb 8 oz	3 qt 3 ⅓ cups (2 ¼ No. 10 cans) OR 3 qt 3 ⅓ cups	17 lb OR 17 lb	1 gal 3 ½ qt (4 ½ No. 10 cans) OR 1 gal 3 ½ qt	6. Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother: For 50 servings, use about ¼ cup water. For 100 servings, use about ½ cup water. Set aside.
Canned low-sodium meatless spaghetti sauce	5 lb 8 oz	2 qt 2 cups (1 No. 10 can)	11 lb	1 gal 1 qt (2 No. 10 cans)	7. Combine spaghetti sauce and salsa. Set aside.
Canned low-sodium salsa, mild	3 lb 8 oz	1 qt 3 cups (½ No. 10 can)	7 lb	3 qt 2 cups (1 ⅛ No. 10 cans)	
Low-sodium tortilla chips	3 lb	About 530 chips	6 lb	About 1060 chips	8. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers. For 100 servings, crumble 2 lb tortilla chips for topping. Reserve remaining 4 lb whole tortilla chips for lasagna layers.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-62r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					9. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. First layer: a. 1 qt ¼ cup sauce Second layer: a. 8 oz whole chips (about 85 chips), slightly overlapping b. 1 qt 1 cup (about 2 lb 4 oz) bean mixture c. 1 qt ½ cup (about 1 lb 15 oz) squash/vegetable mixture Third layer: Repeat second layer Fourth layer: a. 1 qt ¼ cup sauce b. 8 oz crumbled chips, about 2 ½ cups 10. Tightly cover pans. 11. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 12. Remove from oven. Uncover. Allow to set for 15 minutes before serving. 13. Critical Control Point: Hold at 135 °F or higher.
					14. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Green bell peppers	1 lb	1 lb 12 oz
Mature onions	3 lb 8 oz	7 lb
Butternut squash	4 lb 8 oz	9 lb
Dry black beans	2 lb 12 oz	5 lb 8 oz

Nutrients Per Serving

Calories	263.63	Saturated Fat	0.51 g	Iron	2.35 mg
Protein	8.71 g	Cholesterol	1.00 mg	Calcium	120.21 mg
Carbohydrate	52.16 g	Vitamin A	3768.71 IU (179.72 RAE)	Sodium	425.06 mg
Total Fat	4.09 g	Vitamin C	15.61 mg	Dietary Fiber	9.37 g

Serving	Yield	Volume
1 piece provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate, ⅜ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, and ¾ oz equivalent grains. OR **Legume as Vegetable:** ¼ cup legume vegetable, ⅜ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, and ¾ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 36 lb 100 Servings: about 72 lb	50 Servings: 2 steam table pans 100 Servings: 4 steam table pans