

# Recipe Prep Sheet

American Dairy Association North East

## 990169 - Roasted Vegetable Chipotle Bowl with Lime Yogurt

Recipe HACCP Process: #2 Same Day Service

Source: ADANE

Number of Portions: 50

Portion Size: 1 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
004582	VEGETABLE OIL,CANOLA	1 1/2 CUP	No Instructions Assigned
009160	LIME JUICE,RAW	1 qt + 2 1/2 CUP	
002009	CHILI POWDER	1/2 cup	
002020	GARLIC POWDER	5 TBSP	
799987	FINE SEA SALT	2 1/2 tbsp	
011641	SQUASH,SMMR,ALL VAR,RAW	6 1/4 LB	
011477	SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	6 1/4 LB	
011333	PEPPERS,SWEET,GREEN,RAW	3 1/8 LB	
011821	PEPPERS,SWEET,RED,RAW	3 1/8 LB	
011282	ONIONS,RAW	3 1/8 LB	
051425	RICE, BROWN, LONG GRAIN,COOKED, NO SALT	6 qt + 1 CUP	
011165	CORIANDER (CILANTRO) LEAVES,RAW	2 CUP	
011251	LETTUCE,COS OR ROMAINE,RAW	3 qt, shredded + 1 CUP, shredded	
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	3 qt, chopped or sliced + 1 cup, chopped or sliced	
009037	AVOCADOS,RAW,ALL COMM VAR	3 qt, cubes + 1 cup, cubes	
050486	CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE	3 qt + 1 CUP	
051529	Beans, Black (Turtle), Low-sodium, Canned	6 qt + 1 cup	
990386	ONION, RED	1 LB	
001287	YOGURT,GREEK,PLN,LOWFAT	6 1/4 LB	
002010	CINNAMON,GROUND	2 TBSP	
119539	Maple Syrup	3/4 Cup	
051557	Cheese, Cheddar, Yellow, Shredded	3/4 LB	
009159	LIMES,RAW	1 fruit (2" dia)	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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			<p>Preheat oven to 400 degrees F</p> <p>Stir together oil, 3.25 cups lime juice, chili powder, garlic powder, and salt in a large bowl. Add vegetables- squash, peppers, onion and zucchini - and toss to coat.</p> <p>Roast the vegetables at 400 degrees F for 25 to 35 minutes (or if you have the convection option, do a convection bake at 375 degrees F for 20 to 25 minutes).</p> <p>Toss the vegetables, rotate the pans 180 degrees, and switch the pans' positions on the upper and lower racks halfway through.</p> <p>The vegetables should be turning brown and crispy at their edges and tender inside (the cooking time may vary based on your oven).</p> <p>For Rice:</p> <p>Fluff with a fork, then toss in lime zest, 2.25 cups lime juice, cilantro, and additional salt to taste.</p> <p>To assemble use a 12 oz bowl, arrange 1/2 cup rice and 1/4 cup lettuce in the bottom of a serving bowl and top with 1 cup of the roasted vegetables, 1/4 cup diced tomatoes, 1/4 cup diced avocados, 1/4 cup corn, 1/2 cup black beans and small amount of red onions, add a drizzle Lime yogurt sauce and top with 1/4 oz. cheddar cheese</p> <p>For Yogurt sauce:</p> <p>Place yogurt, cinnamon, maple syrup and 1 cup lime juice in a small bowl, with a pinch of salt and pepper. Whisk well and keep in the fridge until ready to serve.</p> <p>Makes 3.125 quarts - 1/4 cup per portion</p> <p>Serves 50</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p>

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Calories <sup>1</sup>	525.470 kcal	Total Fat	17.699 g	Total Dietary Fiber	18.024 g	Vitamin C	*104.459* mg	30.314% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.872 g	Trans Fat <sup>2</sup>	*0.061* g	Protein	22.116 g	Iron	*4.960* mg	6.632% Calories from Sat Fat
Sodium <sup>1</sup>	268.735 mg	Cholesterol	12.960 mg	Vitamin A	*3436.062* IU	Water	*347.727* g	*0.104%* Calories from Trans Fat
Total Sugars	*10.497* g	Carbohydrate	75.543 g	Calcium	*172.116* mg	Ash	*N/A* g	57.505% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.835% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup
		Vegetable	1.75 cup	Milk	cup

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