



## Fiesta Parfait

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Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Beans, canned Pinto, drained	12-½ cups	1. Drain and rinse beans. Set aside.
Yogurt, plain low-fat	6-¼ lbs.	2. Mix yogurt with Mexican seasoning. Set aside.
Mexican seasoning	¼ cup	3. Layer into 12 oz. clear cups:
Salsa, low-sodium	9 cups + 6 Tbsp.	½ cup drained beans
Lettuce, iceberg	14 oz.	½ cup seasoned yogurt
Cheese, Cheddar, shredded	6-½ oz.	¾ cup salsa (6 Tbsp)
		¼ cup shredded lettuce (credits ½ cup)
		Garnish with 1 Tbsp. Cheddar cheese

#### Notes:

Serve with tortilla chips for dipping

#### Serving:

12 oz. cup portion meets 1 meat/meat alternative and 2 vegetable servings

#### Yield:

25 servings

#### Nutrients Per Serving

Calories	160 kcal	Saturated Fat	2 g	Iron	0% DV
Protein	11 g	Cholesterol	12 mg	Calcium	20% DV
Carbohydrates	20 g	Vitamin A	4% DV	Sodium	270 mg
Total Fat	3 g	Vitamin C	2% DV	Dietary Fiber	5 g