

Southwestern Stuffed Potatoes




1 Serving Provides:

CACFP: 1 ounce Meat/Meat Alternate, 5/8 cup Vegetables

NSLP: 1 ounce Meat/Meat Alternate, 1/2 cup Starchy Vegetables, 1/8 cup Other Vegetables

SFSP: 1 ounce Meat/Meat Alternate, 5/8 cup Vegetables

 Cooking time: 60 minutes
HACCP Process #2 Same Day Service

Ingredients	8 Servings		16 Servings	
	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		1 1/2 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.
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 1/2 cup of the black bean, corn and salsa mixture on the center of each flattened potato. Top with 1/4 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
1/2 baked potato	8 Servings: about 3 pounds 16 Servings: about 6 pounds	N/A

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