



TEX MEX QUINOA STACK WITH WALKING TACO TOSTITOS® REDUCED FAT CRISPY ROUND TORTILLA CHIPS

Each Serving Provides:

2.25 oz. Meat/MA (2 oz. taco meat =
1.25 oz. MMA + 1 oz. cheese = 1 oz. MMA)
.75 c. Vegetables
¼ c. Other (1/2 c. iceberg = ¼ c.
¼ c. Starchy (1/4 c. corn)
1/8 c. Red/Orange (1/8 c. tomatoes)
1/8 c. Legumes (1/8 c. black beans)
2.5 oz. eq. Grains (.5 oz. dry Quinoa = .5 OEG +
1.4 oz. Walking Taco Tostitos Reduced Fat
Crispy Rounds Tortilla Chips = 2 OEG)

Tex Mex Quinoa Stack with Walking Taco TOSTITOS® Reduced Fat Crispy Round Tortilla Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
1.4 oz. Reduced Fat Walking Taco TOSTITOS® Tortilla Chips (66006)	100	1 - 1.4 oz. bag
Pre-cooked chicken taco meat, thawed	12 lbs. + 8 oz.	2 oz.
USDA Cheese, reduced fat, yellow, shredded (100012)	6 lbs + 4 oz	1 oz.
Uncooked Quinoa	2 qts. + 2 c.	1 Tbsp. + 1 3/4 tsp.
Unsalted chicken broth	2 qts. + 2 cups.	1 Tbsp. + 1 3/4 tsp.
USDA Black beans (100359)	3 qts. + 1 c.	1/8 c.
USDA frozen corn (100348)	1 1/2 gal + 1 c.	1/4 c.
Shredded iceberg lettuce	3 gal. + 2 c.	1/2 c.
Canned tomatoes with Green Chiles	12 1/2 c.	1/8 c.

PREPARATION

1. Preheat oven or steamer to approximately 350°F.
2. Between two full-sized steam table pans, divide total taco meat, quinoa, chicken broth, beans, corn and tomatoes and green chiles, and place in each pan. Mix thoroughly. Steam covered in oven or steamer for approximately 30 minutes, or until the mixture reaches 165°F. Hold hot until needed.
3. To serve, top 1.4 oz. Walking Taco TOSTITOS® Reduced Fat Crispy Rounds Tortilla Chips, either on a plate or directly in opened bag, with 1 cup of the Tex-Mex quinoa and chicken mixture.
4. Garnish with 1/2 cup shredded lettuce and 1 oz. shredded cheese. Serve immediately.

Nutritional Facts Panel

Nutrition Facts	
1 Serving:	
Calories	510
Saturated Fat	5.5g
Sodium	843mg