

Southwest Quinoa Enchilada - CACFP

General Information

Recipe # 2031648	Category Lunch Entree 	Source Local
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Ingredients

Name	Quantity	Quantity + 2
Quinoa, uncooked	1/3 c., 2 tbsp., 1 1/8 tsp.	
Tomatoes, red, ripe, canned, packed in tomato juice	1/3 c., 1 1/3 tsp.	
Peppers, sweet, red, raw	1 tbsp., 2 7/8 tsp. chopped	
Coriander (cilantro) leaves, raw	2 tbsp., 2 2/3 tsp.	
Peppers, chili, green, canned	2 tbsp., 1 1/4 tsp.	
Corn, sweet, yellow, cooked, boiled, drained, without salt	1 tbsp. cut	
Cheese, mozzarella, nonfat	6 oz.	
Spices, garlic powder	3/8 tsp.	
Spices, chili powder	3/4 tsp.	
Spices, cumin seed	< 1/8 tsp. ground	
Salt, table	1/8 tsp.	
Spices, pepper, black	< 1/8 tsp. ground	
Tortilla, Flour, 6", Whole Wheat, 24/12ct, 19.5#, 1WG, Mission, 10462	6 tortilla	
Sauce, enchilada, red, mild, ready to serve	3 tbsp., 1 1/8 tsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Cook quinoa following package instructions.
2. Drain and rinse black beans, drain tomatoes, diced red bell peppers, and chop cilantro.
3. Mix black beans, tomatoes, red peppers, cilantro, green chili peppers, corn, cheese, garlic, chili powder, cumin, salt, and pepper. Pour this mixture into cooked quinoa and mix.
4. Place 1/2 cup of mixture onto each tortilla and roll. Place in 2 inch hotel pans or 12x20 inch pans, cover with foil and bake for 15 minutes in a 350 degree F.
5. To serve, place one enchiladas on a tray and top with 1/4 oz of enchilada sauce.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.



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Serving Size 1 Each	Yield 6.00
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Nutrition Facts

Serving Size 1 Each (104 gm)

Amount Per Serving		
Calories		189.414
		% Daily Value*
Total Fat	3.031 gm	4.663%
Saturated Fat	0.625 gm	3.123%
Trans Fat	0.000* gm	
Cholesterol	5.103 mg	1.701%
Sodium	530.874 mg	22.12%
Total Carbohydrate	26.593 gm	8.864%
Dietary Fiber	4.084 gm	16.337%
Total Sugars	1.156* gm	
Includes 0.000* gm of Added Sugars		
Protein	13.267 gm	26.534%
Vitamin A	53.370* mcg RAE	5.93%
Vitamin C	7.050* mg	11.75%
Vitamin D	0.000* mcg	
Calcium	357.565 mg	35.757%
Iron	1.726 mg	9.589%
Potassium	167.357* mg	3.561%
Saturated Fat % of Calories		2.967%
Added Sugar % of Calories		0.000%

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated

01-06-2026

Created

12-10-2025

Added Sugar Limitations

Not applicable.

Vendors

Mission Foodservice 

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