

# Southwest Quinoa Enchilada - NSLP

## General Information

Recipe #	Category	Source
2031649	Lunch Entree 	Local

## Ingredients

Name	Quantity	+Quantity 2
Quinoa, uncooked	2 qt.	
Tomatoes, red, ripe, canned, packed in tomato juice	1 qt., 1 pt.	
Peppers, sweet, red, raw	1 pt. chopped	
Coriander (cilantro) leaves, raw	1 pt., 1 c.	
Peppers, chili, green, canned	1 pt., ½ c.	
Corn, sweet, yellow, cooked, boiled, drained, without salt	1 c. cut	
Cheese, mozzarella, nonfat	6 lbs., 4 oz.	
Spices, garlic powder	2 tbsp.	
Spices, chili powder	¼ c.	
Spices, cumin seed	1 tsp. ground	
Salt, table	2 tsp.	
Spices, pepper, black	1 tsp. ground	
Tortilla, Flour, 6", Whole Wheat, 24/12ct, 19.5#, 1WG, Mission, 10462	100 tortilla	
Sauce, enchilada, red, mild, ready to serve	1 pt., 1 ½ c.	

## 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 two enchiladas on a tray and top with 1/2 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.

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



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Serving Size	Yield
2 Each	50.00

## Nutrition Facts

Serving Size 2 Each (209 gm)

Amount Per Serving		
Calories		378.828
% Daily Value*		
<b>Total Fat</b>	6.061 gm	9.325%
Saturated Fat	1.249 gm	6.245%
Trans Fat	0.000* gm	
<b>Cholesterol</b>	10.206 mg	3.402%
<b>Sodium</b>	1061.749 mg	44.24%
<b>Total Carbohydrate</b>	53.185 gm	17.728%
Dietary Fiber	8.168 gm	32.674%
Total Sugars	2.312* gm	
Includes 0.000* gm of Added Sugars		
<b>Protein</b>	26.534 gm	53.067%
Vitamin A	106.739* mcg RAE	11.86%
Vitamin C	14.100* mg	23.5%
Vitamin D	0.000* mcg	
Calcium	715.130 mg	71.513%
Iron	3.452 mg	19.178%
Potassium	334.715* mg	7.122%
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	2 oz

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

Grains

2 oz

## Added Sugar Limitations

Not applicable.

## Vendors

Mission Foodservice 

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