

# Chef Brenda, RDN

**Recipe: 000550 Rstd Clflr and Sn Lentil Tacos**

Recipe Source: Pea and Lentil  
 Recipe Group: ENTREES

**Recipe HACCP Process: #3 Complex Food Preparation**

Alternate Recipe Name:  
 Number of Portions: 100  
 Size of Portion: 2 tacos

903323 CAULIFLOWER,RAW..... 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 089630 SALT..... 905725 PEPPER, BLACK, GROUND.....	5 1/2 LB 1/4 TSP 2 TBSP 2 TSP	Prepare Ingredients: Place tortillas in the warmer. Slice cauliflower into bite-sized florets. Pick over lentils for debris and rinse well. Chop cilantro.  Cook Cauliflower: To roast the cauliflower: Preheat oven to 425 degrees Fahrenheit. Toss cauliflower florets with enough vegetable oil to cover them in a light, even layer of oil. Season with pepper and arrange the florets in a single layer on a large, rimmed baking sheet. Roast for 30 to 35 minutes, tossing halfway, until the florets are deeply golden on the edges.
902451 USDA Oil, Vegetable, 1 Gal 100439+..... 902998 ONIONS,RAW..... 075001 GARLIC,GRANULATED..... 902562 TOMATO PASTE..... 903881 CUMIN..... 002009 CHILI POWDER..... 016069 LENTILS,RAW..... 799976 VEGETABLE BROTH, LOW-SODIUM.....	1/4 CUP 2 3/4 LB 1/4 CUP 6 1/4 CUP 1/4 CUP 1/4 CUP 7 LB 1 3/4 GAL	Prepare Lentils: Warm the vegetable oil in a tilt skillet over medium heat. Sauté the onion for about 5 minutes, until the onions are softened and turning translucent. Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly. Add the lentils and the vegetable broth. Raise heat and bring the mixture to a gentle simmer. Cook, uncovered, for 20 minutes to 35 minutes, until the lentils are tender and cooked through. Reduce heat as necessary to maintain a gentle simmer.
902464 USDA (P) Reduced Cal Mayonnaise 7003452960+... 009160 LIME JUICE,RAW..... 902440 Chipotle Chile Pepper, Spice.....	9 1/2 CUP 3 1/8 CUP 1 1/2 CUP, dried, ground	Prepare Chipotle Sauce: To prepare the chipotle sauce, whisk together the mayonnaise, lime juice, and chipotle Chile pepper spice. Once the lentils are done cooking, drain off any excess liquid.
902461 Corn Tortillas..... 902606 CILANTRO ,FRESH.....	200 Tortillas 12 1/2 CUP	Assemble Tacos (2 per student): Top each tortilla with 1/4 cup (#16 scoop) lentils, 1/8 cup (#30 scoop) cauliflower mixture, 1 tbsp. chipotle sauce and a generous sprinkle of chopped cilantro.

\*Nutrients are based upon 1 Portion Size (2 tacos)

Calories	297 kcal	Cholesterol	15.20 mg	Sugars	*0.80* g	Calcium	160.68 mg	29.42%	Calories from Total Fat
Total Fat	9.71 g	Sodium	458.84 mg	Protein	10.78 g	Iron	2.79 mg	5.12%	Calories from Saturated Fat
Saturated Fat	1.69 g	Carbohydrates	43.48 g	Vitamin A	912.33 IU	Water <sup>1</sup>	*49.37* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.21 g	Vitamin C	*27.04* mg	Ash <sup>1</sup>	*1.61* g	58.54%	Calories from Carbohydrates
								14.51%	Calories from Protein

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... 1.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 1.125 cup				? - Tree Nut
Milk..... cup				? - Fish
<b><u>Moisture &amp; Fat Change</u></b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903323	CAULIFLOWER,RAW			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	089630	SALT			
I	905725	PEPPER, BLACK, GROUND			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	902998	ONIONS,RAW			
I	075001	GARLIC,GRANULATED			
I	902562	TOMATO PASTE			
I	903881	CUMIN			
I	002009	CHILI POWDER			
I	016069	LENTILS,RAW			
I	799976	VEGETABLE BROTH, LOW-SODIUM			
I	902464	USDA (P) Reduced Cal Mayonnaise 7003452960			
I	009160	LIME JUICE,RAW			
I	902440	Chipotle Chile Pepper, Spice			
I	902461	Corn Tortillas			
I	902606	CILANTRO ,FRESH			

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