

# Winneshiek County Extension

**Recipe: 000071 Southwest Pasta - Decorah**

**Recipe HACCP Process: #2 Same Day Service**

Recipe Source:  
Recipe Group: iowa

Alternate Recipe Name:  
Number of Portions: 11  
Size of Portion: 1 cup

001084 MILK,LOWFAT,FLUID,1% MILKFAT,PROT FORT,W/ VIT..... 011215 GARLIC,RAW..... 011282 ONIONS,RAW..... 020027 CORNSTARCH..... 002031 PEPPER,RED OR CAYENNE..... 902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUID..... 902406 SPAGHETTI SAUCE, MEATLESS, CANNED, TOMATO BAS..... 050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW..... 011333 PEPPERS,SWEET, GREEN,RAW..... 901843 CHICK,DICED,CKD,FROZEN-COMMOD..... 050468 SPAGHETTI, ENRICHED, COOKED, NO SALT ADDED.....	6 CUP 1 TSP 1/4 CUP, chopped 2 TBSP 1/8 TSP 2 CUP 3 CUP 1 1/2 CUP 2 OZ 1 1/2 LB 5 1/2 CUP	1. Add milk, garlic, onion, cornstarch, oregano and cayenne together and bring to a soft boil. 2. Blend black beans in a blender with spaghetti sauce till smooth. 3. Add spaghetti sauce mixture, corn, peppers, chicken and cilantro. 4. Toss with spaghetti and top each serving with cheddar cheese and stand two corn chips up into the pasta. (Offer lime wedges to accompany the pasta)
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\*Nutrients are based upon 1 Portion Size (1 cup)

Calories	392 kcal	Cholesterol	60.73 mg	Protein	31.28 g	Calcium	236.69 mg	18.21%	Calories from Total Fat
Total Fat	7.93 g	Sodium	741.24 mg	Vitamin A	139.70 RE	Iron	3.44 mg	5.93%	Calories from Saturated Fat
Saturated Fat	2.58 g	Carbohydrates	48.33 g	Vitamin A	582.17 IU	Water <sup>1</sup>	*166.12* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.93 g	Vitamin C	11.87 mg	Ash <sup>1</sup>	*1.83* g	49.34%	Calories from Carbohydrates
								31.93%	Calories from Protein

\*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

**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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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	2 oz				? - Milk
Grain.....	1 oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	1.25 cup				? - Tree Nut
Milk.....	cup				? - Fish
<b>Moisture &amp; Fat Change</b>					
Moisture Change.	%				? - Shellfish
Fat Change.....	%				? - Soy
Type of Fat.....					? - Wheat

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001084	MILK,LOWFAT,FLUID,1% MILKFAT,PROT FOR			
I	011215	GARLIC,RAW			
I	011282	ONIONS,RAW			
I	020027	CORNSTARCH			
I	002031	PEPPER,RED OR CAYENNE			
I	902365	BEANS, BLACK TURTLE, CANNED, SOLIDS AN			
I	902406	SPAGHETTI SAUCE, MEATLESS, CANNED, TO			
I	050536	CORN, CANNED, WHOLE KERNEL (LIQUID PA			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	901843	CHICK,DICED,CKD,FROZEN-COMMOD			
I	050468	SPAGHETTI, ENRICHED, COOKED, NO SALT			

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