

Spicy Portabella Fajitas



Recipe:	R-5860	HACCP Process:	Same Day Service	
# of Servings:	20.00	Serving Size:	1 Fajita	Source: Mushroom In Schools
Grams Per Serving:	369.15	Ounces per Serving	13	Meal Components: 2 oz. eq. meat/meat alternate, 2.25 oz. eq. whole grain, .675 cup other vegetable and ¼ cup red/orange vegetable

Ingredients	Measurements	Directions
Fresh Portabella Mushrooms Fresh Fajita Blend Peppers & Onions Sliced Fresh Jalapeno's Pan Spray FAJITAS SEASONING MIX USDA Shredded Cheddar Cheese, R/F, Material #100012 Thick White Corn Tortillas, 6" SALSA, MEDIUM 6/#10	20 PIECE WHOLE 2 LB + 8 OZ 1 LB + 4 OZ 1 OZ 2 TBSP 2 LB + 8 OZ 60 TORTILLAS 1 QUART + 1 CUP	<p>1. Ingredients:</p> <p>2. Day of Service: Pre-Prep: Clean and sanitize prep area. Pull portabellas from cooler and place at produce sink workstation. Slice the compost from the ends of the portabellas and discard. Cut the stems off using a paring knife and set aside. Wipe the caps off using a damp paper towel or rag and if necessary, rinse lightly under cold water. Do Not Soak Mushrooms in water as that truly washes away their flavor and texture (they are sponges and will get spongy instead of savory). Prep: Slice portabella mushrooms into ¼ inch pieces, lengthwise.</p> <p>CCP: Prepare foods at room temperature in two hours or less CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p>3. Prep: pull sliced peppers and onions and sliced jalapenos place at workstation, In six-quart container, add mushroom and then sprinkle with 2 Tablespoons of a fajita seasoning. Toss with jalapenos, peppers and onions and place on 2 sheet pans, lined and sprayed.</p> <p>CCP: Prepare foods at room temperature in two hours or less.</p> <p>4. Cook: Place the fajita mix into pre-heated 400° convection oven. Roast for 15 minutes or until the vegetables are softening and being to char on the onions and peppers. Pull and place in steamtable pan and hold for assembly.</p> <p>CCP: Heat until an internal temperature is reached of 165°F for 15 seconds CCP: Batch cook as necessary to insure best end product and nutritional.</p> <p>5. Wash hands thoroughly and cover with gloves. Prep: Assemble the fajita in a boat, bowl or on a tray. Using tongs, place ¾ cup vegetables in bowl, top with 2 ounces of shredded cheddar cheese. Tuck three tortillas on the side. Cover and place in shallow steamtable pan.</p> <p>CCP: Never handle ready to eat foods with bare hands CCP: Hold above 135°F</p>

6. Hold: Place fajitas in warmer and hold above 135°F

CCP: Hold above 135°F

7. Serve: One portabella fajita with ¼ cup salsa.
Each Portabella fajita provides 2 oz. eq. meat/meat alternate, 2.25 oz. eq. whole grain, ¾ cup other vegetable and ¼ cup red/orange vegetable

Notes:

Production Notes: Note: The size of fresh portabella mushrooms can vary, the Standard weight for a whole portabella is 84 grams or 2.96 ounces raw.
The FBG does not have yields for portabellas but the FBG states that 2.656 ounces raw provides ½ cup cooked sliced mushrooms.

Note: the stems can be using in any soup or stock or diced and added to entrees such as stir-fries or egg bakes.
For the jalapenos, there is not currently a yield for cooked sliced jalapenos and so I did not include them in the crediting.

Serving Notes: Each Portabella Fajitas provides 2 oz. eq. meat/meat alternate, 2.25 oz. eq. whole grain, .675 cup other vegetable and ¼ cup red/orange vegetable
Each Portabella Fajitas serving weighs 13 ounces or 369.15 grams raw.

Nutrients Per Serving:		(per 1 Fajita)			
Calories	412.761	Trans Fat (gm)	0.000	Iron (mg)	2.043*
Protein (gm)	22.089	Chol (mg)	40.000	Calc (mg)	531.829*
Carb (gm)	51.901	Vit A (IU)	1683.194*	Sodium (mg)	659.314
Tot Fat (gm)	14.615	Vit C (mg)	45.354*	Fiber (gm)	10.521
Sat Fat (gm)	8.076			Sugars (gm)	7.124

Note: * means nutrient data is missing or not available.

Meal Components: (per 1 Fajita)

Fruit (Cups)	Vegetables (Cups)					Other	0.625
	Dark Green	Red/Orange	0.250	Beans/Peas	Starchy		
Whole Grain- Rich (Oz. Eq.)	2.250	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	2	Fluid Milk (Cups)	

Allergens:

Milk, Wheat, Soybeans

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop, or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.