

# Cheezy Boats

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Prepared Nacho Cheez Sauce, warm	1 ½ gallons + 1 cup (25 cups total)	3 gallons + 1 pint (50 cups total)
Whole grain rich tortillas, 1 ounce grain equivalent	50 each	100 each
Paprika	Garnish	Garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Heat oven to 350°F.
2. Grease four to eight muffin tins. Line each muffin tin hole with a tortilla, creating a bowl.
3. Bake for 5 minutes, until lightly crisped.
4. Portion ½ cup of prepared nacho cheez sauce in each tortilla cup.
5. If desired, sprinkle cups with paprika.
7. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

## Serving Information

Serve one cheezy boat per serving to provide 1 ounce grain equivalents and ½ cup other vegetable. This recipe is ideal for breakfast or as an after school snack.

**Nutrition Information** per serving \*From USDA Nutrient Database

Calories: 273 Total Fat: 10g Saturated Fat: 3g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 38g Fiber: 8g Total Sugar: 4g Protein: 8g Sodium: 551mg Vitamin A: 330µg  
Vitamin C: 8mg Calcium: 107mg Iron: 1mg Folate: 47µg

