



Brand



BARBACOA GRILLED CHEESE

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PORTION SIZE:
1 SANDWICH

Ingredients (yields 50 servings)	Quantity
JENNIE-O® Turkey Shredded Barbacoa, 131053, 4/5#	9 lb. 6 oz.
Whole grain bread, sliced	100 slices
American cheese, sliced	100 slices
Cooking spray, non-stick	50 sprays
Red onion	1 qt., 2 ¼ c.
Apple cider vinegar	6 oz.
Salt	1 tsp.
Sugar	2 Tbsp.
Water	1 c.

Directions
<ol style="list-style-type: none"> Remove turkey barbacoa from freezer and allow to thaw under refrigeration for 24-72 hours. Prepare Pickled Onions: Thinly slice onions. In a stovetop pan, stir together vinegar, water, salt and sugar. Bring to a simmer. Pour hot vinegar mixture over onions and stir until evenly coated. Cover and let marinate for 30 minutes. Prepare turkey barbacoa according to package directions, using one of the following methods: bake, boil, combi heat or sear. Once meat has been heated, break up into shreds and juices. Remove from heat. Separate juices from the meat by draining via colander. Preheat oven to 350°F. Line a sheet pan with parchment paper and spray with non-stick cooking spray. Lay slices of bread flat and assemble sandwiches: <ol style="list-style-type: none"> Add one (1) slice of cheese Add 3 ounces of shredded turkey barbacoa Add one (1) slice of cheese Close sandwich with one (1) slice of bread Spray top with non-stick cooking spray Place sandwiches in oven and bake for ~10-12 minutes, until cheese is melted and bread is browned. Slice each sandwich in half. <p>Offer each student one (1) whole barbacoa grilled cheese with ¼ cup of pickled onions to provide 3.0 oz. meat/meat alternate and 2.0 oz. equivalent whole grain and ¼ cup other vegetable.</p>

Turkey Barbacoa (3 oz.): 2.0 oz. Meat/Meat Alternate Whole Grain Bread (2 slices): 2.0 oz. eq. Whole Grain Rich (Exhibit A: Grain Requirements For Child Nutrition Programs, Group B: 28g/1.0 oz. = 1 oz. eq.) American Cheese (1.0 oz.): 1 oz. Meat/Meat Alternate (per FBG) Pickled Onions: ¼ cup Other Vegetable (per FBG)

For preparation by a food preparation establishment only, according to the food code or equivalent.

*Indicates missing Nutrient Information.

Nutrients Per Serving			
Calories	321 cal	Potassium	391 g*
Fat	10 g	Calcium	225 mg*
Saturated Fat	4 g	Vitamin A	200 iu*
Trans Fat	0 g	Vitamin C	1 mg*
Cholesterol	66 mg	Vitamin D	0 mg*
Sodium	1062 mg		

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