



TURKEY BARBACOA FLAUTAS WITH CILANTRO LIME SAUCE

PORTION SIZE:
2 FLAUTAS

Ingredients (yields 50 servings)	Quantity
JENNIE-O® Turkey Shredded Barbacoa, 131053, 4/5#	9 lb. 6 oz.
Cheddar cheese, shredded	1 lb. 9 oz.
Whole grain flour tortilla, 6"	100 tortillas
Cooking spray, non-stick	50 sprays
Sour cream	1 qt., 2 ¼ c.
Cilantro fresh	2 oz.
Garlic powder	1 Tbsp.
Onion powder	1 Tbsp.
Lime juice	½ c.

Directions
1. Remove turkey barbacoa from freezer and allow to thaw under refrigeration for 24-72 hours.
2. Prepare cilantro lime dressing by combining sour cream, chopped cilantro, onion powder, garlic powder and lime juice in a small bowl.
3. Prepare turkey barbacoa according to package directions, using one of the following methods: bake, boil, combi heat or sear.
4. Once meat has been heated, break up into shreds and juices. Remove from heat. Separate juices from the meat by draining via colander.
5. Preheat oven to 350°F.
6. Line a sheet pan with parchment paper.
7. Lay the tortillas flat and add 1.5 ounces of shredded barbacoa to the center of each.
8. Add 1 tablespoon of shredded cheddar cheese on one side of each tortilla, next to the barbacoa.
9. Lift the left edges of the tortillas and tuck them around and under the meat. Continue to roll the tortillas around the meat and cheese tightly, to form flautas.
10. Place the flautas seam down on the lined sheet pan to prevent unrolling.
11. Place flautas in oven and bake for ~10 to 12 minutes. Tops of tortilla will crisp.
12. Drizzle 2 tablespoons of cilantro lime sauce over top or portion on the side for dipping.
Offer each student two (2) barbacoa flautas to provide 2.5 oz. meat/meat alternate and 2.0 oz. equivalent whole grain.
Note: If desired, serve with additional dipping sides such as salsa, guacamole, sour cream and/or queso cheese sauce.

Turkey Barbacoa (3.0 oz.): 2.0 oz. Meat/Meat Alternate Whole Grain Tortilla (2 tortillas): 2.0 oz. eq. Whole Grain Rich (Exhibit A: Grain Requirements For Child Nutrition Programs, Group B: 28g/1.0 oz. = 1 oz. eq.) Shredded Cheddar Cheese (0.5 oz.): 0.5 oz. Meat/Meat Alternate (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	338 cal	Potassium	329 g*
Fat	16 g	Calcium	581 mg*
Saturated Fat	8 g	Vitamin A	0.4 iu*
Trans Fat	0 g	Vitamin C	0.2 mg*
Cholesterol	81 mg	Vitamin D	0 mg*
Sodium	858 mg	Iron	1 mg*

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