

FIESTA PARFAIT

Serving Size: 25

1 Serving (12 oz. cup portion) meets 1 M/MA and 2 Vegetable servings

Preparation:

1. Drain and rinse beans. Set aside.
 2. Mix yogurt with Mexican seasoning. Set aside.
 3. Layer into 12 oz. clear cups:
 - ½ cup drained beans
 - ½ cup seasoned yogurt
 - ¾ cup salsa (6 Tbsp.)
 - ¼ cup shredded lettuce (credits ⅛ cup)
- Garnish with 1 Tbsp. Cheddar cheese



Ingredients:

- 12 ½ cups pinto beans, canned, drained
- 6 ¼ lbs. plain yogurt
- ¼ cup Mexican seasoning
- 9 cups + 6 Tbsp. salsa
- 14 oz. iceberg lettuce, shredded
- 6 ½ oz. cheddar cheese, shredded