### Ranch Hand Nachos – Adapted from Fruits and Veggies, More Matters

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small red bliss potatoes§, skins on</td>
<td>10 lb.</td>
<td>20 lb.</td>
<td>5 lb.</td>
<td>1. Slice potatoes into small circles. Coat them with cooking oil spray for 3 seconds. Bake in the oven at 450° F for 25-30 minutes, depending on desired darkness.</td>
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<tr>
<td>Cooking oil spray- 3 seconds</td>
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<tr>
<td>Extra lean ground turkey breast§</td>
<td>5 lb</td>
<td>10 lb</td>
<td>2 1/2 lb</td>
<td>2. While potatoes are baking, brown ground turkey breast with chili powder in pan over MEDIUM heat until turkey holds &gt; 165° F for 15 seconds (about 8-10 minutes).</td>
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<tr>
<td>Chili powder</td>
<td>5 tsp</td>
<td>10 tsp</td>
<td>2 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Cheddar cheese§, reduced fat, shredded</td>
<td>1 3/4 lb</td>
<td>3 1/2 lb</td>
<td>14 oz</td>
<td>3. Remove potatoes from the oven and turn off. Place the potatoes on a small oven safe platter or long dish.</td>
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<tr>
<td>Iceburg lettuce§, shredded</td>
<td>1 lb 9 oz</td>
<td>3 lb 3 oz</td>
<td>13 oz</td>
<td>4. Top with cheese and turkey, put back in the oven to melt, about 2 minutes.</td>
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<tr>
<td>Medium tomato§, diced</td>
<td>10</td>
<td>20</td>
<td>5</td>
<td>5. Remove from oven and top with lettuce, tomato, cucumber, cilantro, and salsa.</td>
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<tr>
<td>Cucumber§, peeled and diced</td>
<td>1 lb 14 oz</td>
<td>3 3/4 lb</td>
<td>15 oz</td>
<td><strong>Serving Size: 1/25th of 25-serving recipe</strong></td>
</tr>
<tr>
<td>Cilantro§, chopped</td>
<td>1 oz</td>
<td>2 oz</td>
<td>1/2 oz</td>
<td></td>
</tr>
<tr>
<td>Salsa, mild</td>
<td>4 lb 5 oz</td>
<td>8 lb 10 oz</td>
<td>2 lb 2 oz</td>
<td></td>
</tr>
</tbody>
</table>

§WA product available when in season

Approximate preparation time: 40 minutes.

**Tips & Variations:**

- Children can participate in creating the nachos by adding the toppings. Lay out containers with the lettuce, tomato, cucumber, cilantro and salsa. Allow the children to use tongs and spoons, and add these toppings to their plate containing the potato/cheese/turkey combination.
- Try adding your favorite chopped veggies, such as raw peppers§ or fresh corn§, as toppings to the nachos.
• Try serving the nachos in a smaller portion as a snack.

Ranch Hand Nachos

Child Nutrition Program Food Components:

✓ 1 cup vegetable
✓ 1 1/2 oz meat/meat alternate

Nutrients Per Serving:

Calories 178 kcal
% Calories from Fat 14%
Total Fat 2.8 g
  Saturated Fat 0.7 g
  Trans fat 0 g
Cholesterol 21 mg
Sodium 441 mg
Total Carbohydrates 22 g
  Dietary Fiber 4 g
  Sugars 2.6 g
Protein 18 g
Vitamin A (691 IU) 13%
Vitamin C (17.5 mg) 29%
Calcium 9%
Iron 14%

شعار The largest tomato weighed over 7.7 lb., or the weight of an average newborn.
شعار Tomatoes are a good source of Vitamin A, Vitamin C, fiber, potassium, and lycopene, which may help prevent certain types of cancer.
شعار A cucumber gets its flavor from the seeds.

Developed by Washington State Department of Agriculture in partnership with City of Seattle Farm to Table. We would like to acknowledge Elizabeth Hulbrock, GCDP Student Intern, Nutritional Sciences, Univ. of Washington (Sep, 2014) for her work on the protocol.