

CHILIES RELLENO CASSEROLE

Meat Alternate . Vegetable

48 servings

Ingredients	Weight	Measure
Cool Water	2 qt 1½ cups
*Egg Mix, All Purpose	1 lb 6 oz
*Flour	8¼ oz
Baking Powder	1¼ tsp
Cottage Cheese, 1% fat	4 lb 2 oz
Monterey Jack Cheese, shredded	6 lb 3 oz
Margarine, melted	8 oz
*Chopped Green Chilies	3 lb

Directions

1. Pour cool water into mixer bowl; add dry eggs and beat until light.
2. Mix flour and baking powder. Add to eggs. Blend until smooth.
3. Beat in cottage cheese, Monterey Jack cheese, and melted margarine.
4. Gently blend in chopped chilies, so as not to break them.
5. Pour 1 gallon 1 cup mixture into each oiled 12" x 20" x 2" pan.
6. Bake at 350°F for 45 minutes, in a conventional oven until top is puffed and browned and toothpick inserted in center comes out clean.
7. Cut each pan 4 x 6 to yield 24 servings per pan.

*Commodities are in **Bold**.

Serving: 1 piece

servings

provides 3½ oz of meat alternate,

1/8 cup vegetable,

and 1/4 grains/breads

Yield: 48

Nutrients Per Serving

Calories	349	Saturated Fat	12.1g	Iron	.7mg
Protein	19g	Cholesterol	53mg	Calcium	900mg
Carbohydrate	18g	Vitamin A	190RE	Sodium	651g
Total Fat	21.9g	Vitamin C	5mg	Dietary Fiber	1g

Recipe provided by the Pennsylvania State University.
This recipe has not been standardized by USDA.