

Cheese and Green Chili Tamales with Salsa Verde

(SFR- School Food Rocks)



General Information

Recipe #	Category	Source
2114769	Lunch Entree	Local

Ingredients

Name	Quantity	Quantity + 2
Tamale, Cheese and Green Chile, IW, 50/6oz, 18.75#, 2M, 2WG, Del Real, 747	100 tamale	
Limes, raw	12 ½ fruit (2" dia)	
Cilantro Lime Crema (SFR-School Food Rocks)	1 qt., 1 pt., ¼ c.	
Sour cream, reduced fat	1 qt., 1 pt., ¼ c.	
Lime juice, raw	1 ½ c., 1 tbsp.	
Coriander (cilantro) leaves, raw	1 ½ c., 1 tbsp.	
Spices, garlic powder	¼ c., ½ tsp.	
Pico de Gallo (SFR-School Food Rocks)	1 gal., 2 qt., 1 c.	
Tomatoes, red, ripe, raw, year round average	3 qt., 1 pt., 1 c. chopped or sliced	
Onions, raw	1 qt., 1 c. chopped, raw to prepared	
Coriander (cilantro) leaves, raw	1 pt., 1 ¾ c.	
Peppers, jalapeno, raw	15 pepper	
Limes, raw	10 fruit (2" dia)	
Salt, table	1 tbsp., 2 tsp.	
Green Enchilada Sauce (SFR- School Food Rocks)	6 lbs., 4 oz.	
Oil, Vegetable, 6/1gal, USDA, 100439	¾ c., 1 ½ tsp.	
Flour, All Purpose, Bleached, 1/50lb, Monarch, 223768	¾ c., 1 ½ tsp.	
Peppers, chili, green, canned	1 pt., 1 c., 2 tbsp.	
Tomatillos, raw	1 qt., 1 pt., ¼ c. chopped or diced	
Spices, garlic powder	2 tbsp., 2 ⅓ tsp.	
Spices, onion powder	2 tbsp., 2 ⅓ tsp.	
Spices, Cumin, Ground, 6/16oz, Monarch, 207822	1 tbsp., 1 ¼ tsp.	
Soup, chicken broth, low sodium, canned	3 qt., ½ c.	
Salt, table	2 ⅓ tsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross-contamination.



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Serving Size	Yield
1 Tamale	100.00

Nutrition Facts

Serving Size 1 Tamale (282 gm)		
Amount Per Serving		
Calories		464.430
% Daily Value*		
Total Fat	25.856 gm	39.779%
Saturated Fat	9.382 gm	46.91%
Trans Fat	0.000* gm	
Cholesterol	29.214 mg	9.738%
Sodium	942.760 mg	39.282%
Total Carbohydrate	41.749 gm	13.916%
Dietary Fiber	4.270 gm	17.079%
Total Sugars	3.736* gm	
Includes 0.000* gm of Added Sugars		
Protein	19.226 gm	38.451%
Vitamin A	30.751*	3.417%
Vitamin C	14.876*	24.793%
Vitamin D	0.036*	0.18%
Calcium	87.700*	8.77%
Iron	2.422*	13.456%
Potassium	287.619*	6.12%
Saturated Fat % of Calories		18.181 %
Added Sugar % of Calories		0.000 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
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CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling product. Replace gloves after handling any other object.

CCP: Record time and internal temperature of product when received on daily log.

Instructions:

1. Wash and dry all produce.
2. Prepare the Cilantro Lime Crema:

1. Finely chop cilantro (reserve 1/2 for garnish).

2. Combine sour cream, lime juice, garlic powder, salt, and cilantro in a mixing bowl.

Stir until completely blended and smooth. Transfer crema to a squeeze bottle or container, refrigerate. **Critical Control Point: Hold cold at 41°F or below until service.**
3. Prepare the Pico de Gallo:

1. Dice onions, tomatoes, and jalapeños. Chop cilantro and cut limes in half.

2. Combine onions, tomatoes, jalapeños, salt, and cilantro in a bowl. Add the juice of limes and mix ingredients well. Cover and refrigerate for at least 1 hour before use. **Critical Control Point: Hold cold at 41°F or below until service.**
4. Prepare the Salsa Verde:

1. Remove husks from tomatillos. Wash thoroughly under running water to remove residue. Quarter tomatillos.

2. Heat oil in a saucepan or tilting skillet over medium heat.Whisk in flour and cook 2–3 minutes until lightly golden.

3. Add green chilies, tomatillos, garlic powder, onion powder, cumin, and salt. Stir well.Slowly add broth, stirring constantly.

Simmer 12–15 minutes.

4. Using a stick blender, blend until smooth. **Critical Control Point: Heat sauce to 165°F for 15 seconds.** Transfer salsa verde to steam table pan and hold hot for service. **Critical Control Point: Hold hot at 135°F or above until service.**
5. Place frozen tamales in steamer and cook for 45–60 minutes. **Critical Control Point: Product must reach an internal temperature of 165°F for 15 seconds.** Remove from steamer and let rest for 1–2 minutes.
6. Remove tamales from corn husks, transfer to steam table pans, and place in hot holding cabinet until service. **Critical Control Point: Hold hot at 135°F or above until service.**
7. Assembly:

1. Place 1 tamale into serving container.

2. Top tamale with 1 oz salsa verde.

3. Top with ¼ cup pico de gallo.

4. Drizzle with 1 tbsp cilantro lime crema.

5. Garnish with chopped cilantro and lime wedge

6. Serve immediately.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

Meat/Meat Alternates	2 oz
Whole Grain-Rich	2 oz
Other Vegetables	0.25 cups

Allergens

Milk
Wheat

Added Sugar Limitations

Not applicable.

Vendors

USDA Foods in Schools
US Foods

Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140° F must be removed from service until such time as they are reheated to 165° F. Any food not eaten after reheating must be discarded.

Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

Dates	
Last Updated	Created
06-05-2026	05-23-2026