**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RECIPE:** Nachos with Cheese Sauce

**Yield:** jellyroll pan **Oven Temp**:400°F

Baking Time: 6-8 minutes

**Ingredients**

15 mL margarine 60 mL salsa

15 mL flour ~750 mL tortilla chips

150 mL milk

Topping Ingredients

1/2 roma tomato, chopped

1 green onion

30 mL cheddar cheese, grated

1/6 Bell pepper, diced

1/4 jalapeño pepper, minced

200mL cheddar cheese

1.25 mL dry mustard powder

1.25 mL cayenne powder

pinch salt & pepper

1-2 drops of tabasco

**Method**

**\*REMINDERS**

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1. Preheat oven to \_\_\_\_\_\_\_\_\_\_\_\_F. Line a baking pan with parchment paper.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vegetable toppings. Set aside.
3. In a \_\_\_\_\_\_\_\_\_\_ saucepan over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ heat, melt margarine. Add flour and dry spices mixing well to form a roux. Cook for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ while stirring constantly.
4. Gradually stir \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into roux. Whisk mixture to remove clumps and to avoid burning. Continue to whisk over low-medium heat until mixture has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (coat a metal spoon)
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and stir in tabasco and 200 mL of grated cheese until cheese is melted
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on jellyroll pan. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pour cheese mixture over the taco chips.

**Roux**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Broil**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Sprinkle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ over the chips then top with remaining 30mL of grated cheddar cheese.
2. Bake \_\_\_\_\_\_\_\_\_\_\_ min. If the nacho cheese isn’t melted enough, you could broil it for a few minutes.

**Test for Doneness**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tray Equipment:

PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**QUESTIONS**: Reference: Sodium Nutrition Facts Table Handout

1. The %DV for sodium is calculated using the maximum daily intake of \_\_\_\_\_\_\_\_mg. This is a nutrient that you **do not** want to reach 100% of each day.
2. Sodium is a nutrient to get “ \_\_\_\_\_\_\_\_\_\_” but we do need about \_\_\_\_\_\_\_\_ mg of sodium a day. Having no salt in our diet would be unhealthy.
3. Why does our body need salt?
4. A store-bought cheese dip would likely have double or triple the amount of sodium found in this recipe. What are some negative effects on your health when we have too much sodium each day?
5. Explain how hypertension can harm the body’s heart.
6. Most Canadians consume more sodium than they need each day because it is hiding in packaged and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods. This snack, although healthier than store bought, has salt hiding as well. Can you name the **5 ingredients** that have salt in them today?