**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**

- place small metal bowl at front counter for teacher to provide you taco chips

- use silicon spatula when making roux to prevent it from getting burnt

- Watch carefully if using broil. Will burn in seconds

- Salsa is optional for those who like it

1. Preheat oven to 400ºF. Line a jellyroll pan with parchment paper.
2. Wash and dice vegetable toppings. Set aside.
3. In a small saucepan over low-medium heat, melt margarine. Add flour and dry spices mixing well to form a roux. Cook for **1 minute** while stirring constantly.
4. Gradually stir milk into roux. Whisk mixture to remove clumps and to avoid burning. Continue to whisk over low-medium heat until mixture has thickened. (coat a metal spoon)
5. Remove from heat and stir in tabasco and 200 mL of grated cheese until cheese is melted
6. Arrange taco chips on jellyroll pan. Quickly pour cheese mixture over the taco chips.
7. Sprinkle vegetable toppings over the chips then top with remaining 30mL of grated cheddar cheese.
8. Bake 6-7 min. If the nacho cheese isn’t melted enough, you could broil it for a few minutes.

**Roux**: Made from melted fat and flour whisked together to form a paste. Used to thicken sauces and soups

**Broil**: Top element of oven is set to a high heat. Food is exposed to direct heat from top as opposed to surrounded by heat when baking.

**Test for Doneness**

Cheese is melted and vegetables appear to be softening.

**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 \_\_\_\_\_\_\_\_\_ of sodium a day.
3. Having no salt in our diet would be unhealthy. 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?