



# ROJO MOJO BLACK BEAN SLIDER

Ingredients	Item #	1 Serving	3 Servings	30 Servings
Morningstar Farms® Spicy Black Bean Sliders	XXXXX-XXXXX	1 EA	3 EA	30 EA
Chihuahua Cheese, shredded	XXXXX-XXXXX	1 TB	3 TB	1 1/2 C + 6 TB
Slider Bun	XXXXX-XXXXX	1 EA	3 EA	30 EA
Red Onion, thinly sliced	XXXXX-XXXXX	1 TSP	1 TB	1/2 C + 2 TB
Red Enchilada Sauce	XXXXX-XXXXX	1 TB	3 TB	1 1/2 C + 6 TB
Cilantro, fresh, chopped	XXXXX-XXXXX	1 TSP	1 TB	1/2 C + 2 TB

## Directions

- To prepare build, heat slider in 350° oven for 7 to 9 minutes, turning halfway through heating time. In last 2 minutes of bake time, add cheese on top to melt.
- Toast bun in 350° oven for 3 minutes.
- Place heated slider on bottom half of bun, top with onion and add sauce.
- Garnish with cilantro and add top of bun.

### Full Build

Nutrition Facts			
Serving Size (103g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 200	<b>Calories from Fat</b> 60		
% Daily Value*			
<b>Total Fat</b> 6g	<b>9%</b>		
Saturated Fat 1.5g	<b>8%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 5mg	<b>2%</b>		
<b>Sodium</b> 540mg	<b>23%</b>		
<b>Total Carbohydrate</b> 27g	<b>9%</b>		
Dietary Fiber 4g	<b>16%</b>		
Sugars 5g			
<b>Protein</b> 11g			
Vitamin A 4%	Vitamin C 2%		
Calcium 15%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Build without Carrier

Nutrition Facts			
Serving Size (71g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 110	<b>Calories from Fat</b> 45		
% Daily Value*			
<b>Total Fat</b> 5g	<b>8%</b>		
Saturated Fat 1.5g	<b>8%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 5mg	<b>2%</b>		
<b>Sodium</b> 380mg	<b>16%</b>		
<b>Total Carbohydrate</b> 11g	<b>4%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 3g			
<b>Protein</b> 8g			
Vitamin A 4%	Vitamin C 2%		
Calcium 8%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			





# SOUTHWEST BLACK BEAN SLIDER

## Ingredients

## Item #

## 1 Serving

## 3 Servings

## 30 Servings

			1 Serving	3 Servings	30 Servings
<b>Pico De Gallo</b>	Tomato, diced	XXXXX-XXXXX			1 C
	Red Onion, diced	XXXXX-XXXXX			1/4 C
	Lime Juice, fresh	XXXXX-XXXXX			1/4 C
	Cilantro, fresh, chopped	XXXXX-XXXXX			2 TB
	Jalapeño, diced	XXXXX-XXXXX			3 TB
<b>Build</b>	Morningstar Farms® Spicy Black Bean Sliders	XXXXX-XXXXX	1 EA	3 EA	30 EA
	Monterey Jack, sliced	XXXXX-XXXXX	1/2 EA	1 1/2 EA	15 EA
	Sesame Bun	XXXXX-XXXXX	1 EA	3 EA	30 EA
	Pico de Gallo	XXXXX-XXXXX	2 TSP	2 TB	1 1/4 C
	Crema	XXXXX-XXXXX	1 TSP	1 TB	1/2 C + 2 TB

## Directions

1. To prepare Pico de Gallo, mix all ingredients.
2. To prepare build, heat slider in 350° oven for 7 to 9 minutes, turning halfway through heating time. In last 2 minutes of bake time, add cheese on top to melt.
3. Toast bun in 350° oven for 3 minutes.
4. Place heated slider on bottom half of bun, top with pico de gallo and finish with a dollop of crema.
5. Add top of bun.

### Full Build

## Nutrition Facts

Serving Size (106g)  
Servings Per Container

Amount Per Serving

**Calories 220**    **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**    **14%**

Saturated Fat 3g    **15%**

Trans Fat 0g

**Cholesterol 10mg**    **3%**

**Sodium 450mg**    **19%**

**Total Carbohydrate 26g**    **9%**

Dietary Fiber 4g    **16%**

Sugars 3g

**Protein 11g**

Vitamin A 10%    •    Vitamin C 6%

Calcium 15%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Build without Carrier

## Nutrition Facts

Serving Size (74g)  
Servings Per Container

Amount Per Serving

**Calories 130**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 7g**    **11%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol 10mg**    **3%**

**Sodium 270mg**    **11%**

**Total Carbohydrate 10g**    **3%**

Dietary Fiber 3g    **12%**

Sugars 2g

**Protein 9g**

Vitamin A 4%    •    Vitamin C 6%

Calcium 15%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4





# TRIPLE BLT SLIDER

## Ingredients

## Item #

## 1 Serving

## 3 Servings

## 30 Servings

Ingredients	Item #	1 Serving	3 Servings	30 Servings
Morningstar Farms® Spicy Black Bean Sliders	XXXXX-XXXXX	1 EA	3 EA	30 EA
Slider Bun	XXXXX-XXXXX	1 EA	3 EA	30 EA
Greek Yogurt, nonfat	XXXXX-XXXXX	1 TSP	1 TB	1/2 C + 2 TB
Bacon, cooked	XXXXX-XXXXX	1 EA	3 EA	30 EA
Tomato, sliced	XXXXX-XXXXX	1 EA	3 EA	30 EA
Green Leaf Lettuce, chopped	XXXXX-XXXXX	1 EA	3 EA	30 EA

## Directions

- To prepare build, heat slider in 350° oven for 7 to 9 minutes, turning halfway through heating time.
- Toast bun in 350° oven for 3 minutes.
- Spread yogurt on bottom half of bun.
- Place heated slider on bottom half of bun.
- Cut bacon strip in half, and place on top of slider.
- Garnish with tomato and lettuce, and add top of bun.

### Full Build

Nutrition Facts	
Serving Size (118g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 490mg</b>	<b>20%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 4g	16%
Sugars 4g	
<b>Protein 13g</b>	
Vitamin A 10%	Vitamin C 8%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Build without Carrier

Nutrition Facts	
Serving Size (86g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein 9g</b>	
Vitamin A 10%	Vitamin C 6%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

