



BREAKFAST BOWL WITH TAJIN YOGURT SAUCE

Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Quick Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	20 minutes
Cook Time:	20 minutes
Total Time:	40 minutes
K-12 Portion Size:	1/2 cup potatoes + 2 Tbsp black beans + 1/4 cup scrambled eggs
	Optional .5 oz shredded cheese, 2 Tbsp salsa, 2 Tbsp Tajin yogurt sauce

Meal Pattern Contribution:

2.75 oz eq m/ma (with cheese and Tajin yogurt sauce),
1/2 cup starchy vegetable, 1/8 cup red/orange vegetable (with salsa)

INGREDIENTS	72 Servings		144 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Potato wedges, USDA or equivalent, low-sodium, frozen	12 lb		24 lb		1. Prepare potatoes according to manufacturer's directions.
Eggs, scrambled, pre-cooked	9 lb 8 oz		19 lb		CCP: Heat to 135° F or higher for at least 15 seconds.
Beans, black, low-sodium		#10 can		2 - #10 cans	CCP: Hold and serve at 135° F or higher.
Salsa		2 c		1 qt	2. Prepare eggs according to manufacturer's directions. Defrost eggs the day before service if instructed.
Chili powder		1 Tbsp		2 Tbsp	CCP: Heat to 155 F or above for at least 15 seconds.
Cumin		1 Tbsp		2 Tbsp	CCP: Hold and serve at 135° F or higher.
Vinegar, apple cider		2 Tbsp		1/4 c	3. Prepare beans. Preheat convection oven 425° F. Drain beans, but do not rinse. Add a #10 can black beans, 2 cups salsa, 1 Tbsp chili powder, 1 Tbsp cumin, and 2 Tbsp apple cider vinegar to each 2" deep steam table pan sprayed with pan release. Warm in oven covered until heated through, ~18-20 minutes
Cheese, shredded, low-fat, cheddar	2 lb 4 oz		4 lb 8 oz		CCP: Heat to 135 F or higher for at least 15 seconds.
Salsa, low-sodium		2 qt + 1 c		1 gal + 2 c	CCP: Hold and serve at 135° F or higher.
Tajin Yogurt Sauce (see recipe)		2 qt + 1 c		1 gal + 2 c	CCP: No bare hand contact with ready to eat food.
					4. Assemble bowls. Place 3 oz (1/2 cup) potatoes in a serving bowl or on tray. Top with a #30 disher of black beans and a #16 disher of scrambled eggs.
					5. Offer .5 oz shredded cheddar cheese, 2 Tbsp Tajin yogurt sauce as condiments

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NUTRITION INFORMATION

Serving Size 1 Bowl with Tajin Yogurt Sauce

NUTRIENTS AMOUNT

Calories 300

Total Fat 15 g

Saturated Fat 6 g

Cholesterol 217 mg

Sodium 799 mg

Total Carbohydrate 26 g

Dietary Fiber 4 g

Total Sugars 4 g

Added Sugars 0 g

Protein 14 g

Vitamin D 2.5 mcg

Calcium 60 mg

Iron 0 mg

Potassium 170 mg

N/A=data not available.

ALLERGENS: Milk, Eggs

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	72 Servings	144 Servings
N/A		

NOTES

Any frozen potato product can work in this recipe, including dices, tots, baby halves, etc.

YIELD/VOLUME

72 Servings	144 Servings
Weight beans: 10 lb 2 oz	Weight beans: 20 lb 4 oz
Volume beans: 1 gal + 2 c	Volume beans: 2 gal + 4 c

