



BREAKFAST NACHOS W/ TAJIN YOGURT SAUCE

Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Quick Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	15 minutes
Cook Time:	20 minutes
Total Time:	35 minutes
K-12 Portion Size:	1 oz tortilla chips + 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:

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

INGREDIENTS	72 Servings		144 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Eggs, scrambled, pre-cooked	9 lb 8 oz		19 lb		<p>1. Prepare eggs according to manufacturer's directions. Defrost eggs the day before service if instructed.</p> <p>CCP: Heat to 155° F or above for at least 15 seconds.</p> <p>CCP: Hold and serve at 135° F or higher.</p> <p>2. 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.</p> <p>CCP: Heat to 135° F or higher for at least 15 seconds.</p> <p>CCP: Hold and serve at 135° F or higher.</p> <p>CCP: No bare hand contact with ready to eat food.</p> <p>3. Assemble bowls. Layer 1 oz chips in boat, a #30 disher of black beans, and a #16 disher of scrambled eggs.</p> <p>4. Offer .5 oz shredded cheddar cheese, 2 Tbsp salsa, and 2 Tbsp Tajin yogurt sauce as condiments</p>
Beans, black, low-sodium		#10 can		2 - #10 cans	
Salsa		2 c		1 qt	
Chili powder		1 Tbsp		2 Tbsp	
Cumin		1 Tbsp		2 Tbsp	
Vinegar, apple cider		2 Tbsp		1/4 c	
Chips, tortilla, whole grain rich	4 lb 8 oz		9 lb		
Cheese, shredded, low-fat, cheddar	2 lb 4 oz		4 lb 8 oz		
Salsa, low-sodium		2 qt + 1 c		1 gal + 2 c	
Tajin Yogurt Sauce (see recipe)		2 qt + 1 c		1 gal + 2 c	

BREAKFAST NACHOS WITH TAJIN YOGURT SAUCE

NUTRITION INFORMATION

Serving Size	1 bowl with Tajin Yogurt Sauce
NUTRIENTS	AMOUNT
Calories	355
Total Fat	10 g
Saturated Fat	405 g
Cholesterol	210 mg
Sodium	690 mg
Total Carbohydrate	33 g
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars	0 g
Protein	17 g
Vitamin D	2.5 mcg
Calcium	90 mg
Iron	1.2 mg
Potassium	330 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

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

