



## BREAKFAST NACHOS W/ TAJIN YOGURT SAUCE

<b>Recipe Project Name/Written By:</b>	To Taste
<b>Recipe Category:</b>	Breakfast, Quick Scratch
<b>Cooking Process:</b>	#2 Same Day Service
<b>Prep Time:</b>	15 minutes
<b>Cook Time:</b>	20 minutes
<b>Total Time:</b>	35 minutes
<b>K-12 Portion Size:</b>	1 oz tortilla chips + 2 Tbsp black beans + 1/4 cup scrambled eggs
	.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. <b>Prepare eggs</b> according to manufacturer's directions. Defrost eggs the day before service if instructed.</p> <p><b>CCP: Heat to 155° F or above for at least 15 seconds.</b></p> <p><b>CCP: Hold and serve at 135° F or higher.</b></p> <p>2. <b>Prepare beans.</b> Preheat convection oven 425° F. Drain beans, <b>but do not rinse</b>. 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><b>CCP: Heat to 135° F or higher for at least 15 seconds.</b></p> <p><b>CCP: Hold and serve at 135° F or higher.</b></p> <p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p>3. <b>Assemble bowls.</b> 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**

<b>Serving Size</b>	1 bowl with Tajin Yogurt Sauce
<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>355</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	405 g
<b>Cholesterol</b>	<b>210 mg</b>
<b>Sodium</b>	<b>690 mg</b>
<b>Total Carbohydrate</b>	<b>33 g</b>
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars	0 g
<b>Protein</b>	<b>17 g</b>
Vitamin D	2.5 mcg
Calcium	90 mg
Iron	1.2 mg
Potassium	330 mg
<b>N/A=data not available.</b>	

**ALLERGENS: Milk, Eggs**  
*Allergen and nutrient information may vary based on the specific products and ingredients used on site.*

**\*MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>72 Servings</b>	<b>144 Servings</b>
N/A		

**NOTES**

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**YIELD/VOLUME**

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

