

# Breakfast Taco

Component: Meat/Meat Alternate-Grain

Recipe Category: Breakfast

Recipe #J-02

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pasteurized frozen whole eggs, thawed OR Pasteurized fresh eggs, large	5 lb	2 qt 1 ½ cups  OR 45 each			<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>1. Blend eggs, corn (not for CDC), milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.</p> <p>2. Pour 1 gal 2 cups of the above egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with foil or metal lid.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes Steamer: 30 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p>3. Sprinkle 5 oz (1 ¼ cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan)</p> <p>4. Place one portion in center of each tortilla. Fold tortilla in half. May serve each taco with 1 Tbsp (1 oz) of salsa.</p> <p><i>Continued</i></p>
Frozen whole-kernel corn (not for CDCs & optional for older children)	1 lb	2 ¾ cups			
Low-fat 1% milk		¾ cup			
Green peppers, fresh, diced, ¼"	8 oz	1 ½ cups 2 Tbsp			
*Fresh onions, diced, ¼" OR Dehydrated onions	14 oz OR 2 ½ oz	2 ⅓ cups OR 1 ¼ cups			
*Fresh tomatoes, diced, ¼", optional	2 oz	¼ cup 1 Tbsp			
Prepared yellow mustard	2 oz	¼ cup			
Granulated garlic(adjust as needed)		2 tsp			
Hot pepper sauce		1 tsp			
Salt		½ tsp			
Cheddar cheese, reduced fat, shredded	10 oz	2 ½ cups			
WGR tortillas, 6-inch		50 each			

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					Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.
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<b>Notes:</b>
For best results, cook egg filling in a steamer

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mild Onion	1 lb	2 lb
Tomato	2.5 oz	5 oz

Serving: 1 taco provides 2 oz equivalent meat/meat alternate, 1 serving of grains/breads.
1-2: 1 taco
3-5: 1 taco
6-18: 1 taco

Nutrients Per Serving					
<b>Calories</b>	186	<b>Saturated Fat</b>	2.85 g	<b>Iron</b>	0.60 mg
<b>Protein</b>	10.37 g	<b>Cholesterol</b>	172.38 mg	<b>Calcium</b>	73.41 mg
<b>Carbohydrate</b>	18.07 g	<b>Vitamin A</b>	76.23 RAE mcg	<b>Sodium</b>	333.78 mg
<b>Total Fat</b>	8.33 g	<b>Vitamin C</b>	4.87 mg	<b>Dietary Fiber</b>	2.27 g (2016 = 0.38 g)