

# Cheesy Egg Breakfast Taco



INGREDIENTS	YIELD	
	50	100
Eggs, liquid, frozen	5 lb 8 oz	11 lbs
Garlic salt	1 Tbsp	2 Tbsp
Pepper, black	1 Tbsp	2 Tbsp
Green or red peppers, fresh, chopped	2 lb 8 oz	5 lb
Onion, chopped	2 lb 8 oz	5 lb
Cheese, shredded*	3 lb 2 oz	6 lb 4 oz
Corn taco shell, 6"	50	100
Lettuce, chopped	2 lb	4 lb
Salsa	2 qt	1 gal
Avocado, diced (optional)	3 – 4 ea	6 – 7 ea

\*Options: Use mozzarella, cheddar, American, jalapeño or any combination of shredded cheese.

## DIRECTIONS

Two days before service.

1. Remove quantity of eggs required from freezer. Thaw in refrigerator.

CCP: Refrigerate at 40°F or below. Do not refreeze.

Day before service.

1. Mix eggs with garlic salt, pepper, chopped green pepper and onion.

2. Cover and refrigerate.

CCP: Refrigerate at 40°F or below. Do not refreeze.

Day of service.

1. Warm taco shells in heated cabinet at 170°F for 30 minutes or until ready to fill.
2. Spray full 4" deep steam table pan well with cooking oil. Pour egg mixture into pan. Cook using oven or steamer method.

Stir once during cooking process and continue cooking until fully cooked.

3. Remove eggs from heat. Add cheese and mix.

Hold on steam table.

CCP: Hold for hot service at 140°F or above.

4. Assemble on line or ahead of service by lining filled tacos in bakery paper-lined steam table pan. Hot hold.

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5. Assembly instructions: Place rounded ¼ cup lettuce in shell. Spoon ¼ cup (16 scoop) cheesy eggs onto lettuce. Top with 1 oz ladle salsa.

6. Serve one taco.

Option: Top with three to four pieces (⅓ cup) of diced avocado.

Option: serve additional salsa on the side in pre-portioned 2 oz cups.

## Nutritional Data/Portion

**Calories** 230

**Total Fat** 16g

Saturated Fat 5g

**Sodium** 250mg

### Breakfast Meal Contribution

1 oz Grain/Bread

1.5 oz Meat/Meat Alternate

⅔ cup Vegetable

**Portion** 1 taco