

Corney Huevos Rancheros

Number of Portions: 100

Portion Size: Grades K-12: See directions

INGREDIENTS:

K-12
Quantities:

Tortilla Chips, whole grain-rich		6 ¼ lbs.
Scrambled Eggs, pre-cooked, frozen 		6 ¼ lbs.
Garlic Powder		2 Tbsp.
Corn, frozen 		4 ⅝ lbs.
Black Beans, canned, drained 		25 cups
Onions, diced, frozen		2 ¼ lbs.
Salsa, low-sodium 		12 ½ cups
Garlic Powder		¼ cup
Cumin, ground		¼ cup
Mozzarella Cheese 		3 ⅞ lbs.
Jalapeño Pepper, sliced, canned, drained		1 ¾ cups
Cilantro, fresh		3 ⅞ cups

 = Available through USDA Foods

DIRECTIONS:

PREPARE INGREDIENTS:

Thaw eggs completely in the refrigerator. Drain black beans, do not rinse. Chop cilantro. Shred cheese. Optional: For easier and faster service, place 1 ounce grain equivalent of tortilla chips in serving boats or baggies.

SEASON SCRAMBLED EGGS:

Toss scrambled eggs with garlic powder.

PREPARE BEAN MIXTURE:

In a large tilt skillet or pot, cook eggs, corn, drained black beans, onions, salsa, garlic powder, and cumin. Stir well. Heat mixture on medium-high, stirring frequently. Add water if needed. Cook until temperature reaches 165 °F and onions are opaque.

NOTE:

Mixture will have very little fluid content, so it is important to stir frequently and maintain an appropriate temperature.

ASSEMBLE, HUEVOS RANCHEROS:

Place 1/3 cup (#12 scoop) of bean mixture in serving cups or bowls.

Garnish with 0.5 ounce cheese, 1 jalapeno slice, and ½ tablespoon cilantro.



Estimated
Food Cost:

21¢



CALORIES
316

SATURATED FAT
3.83g

SODIUM
465.05mg

Chef Brenda's Tips

-  This dish would also work well as a burrito. Simply standardize your recipe to use a whole wheat tortilla instead of tortilla chips.
-  Garnishing with fresh herbs (such as the cilantro in this dish) enhances the appearance and flavor of low-sodium dishes.
-  For Breakfast in the Classroom or Grab 'n Go, serve bean mixture in a bowl with a lid and chips on the side for dipping. Chips can also be ordered in 1-ounce prepackaged bags.

GRADES K-12		
RECIPE CONTRIBUTIONS:	Grains Contribution	2.5 oz eq
	<i>Grains Total</i>	1.0 oz eq
	WGR Tortilla Chips	1.0 oz eq
	<i>Meats/MA Total</i>	1.5 oz eq
	Eggs	1.0 oz eq
	Mozzarella Cheese	0.5 oz eq
	Fruits/Vegetable Contribution	½ cup
	<i>Vegetable Total</i>	0.5 cup
	Corn*	0.125 cup
	Black Beans	0.25 cup
Salsa	0.125 cup	



*This is a starchy vegetable. In order to credit as a vegetable, 2 cups of non-starchy vegetables must be served in the same week.