



## Chef Brenda

Standardizing Recipes for Child Nutrition Programs

<b>Recipe Name:</b>	Breakfast Tater Tot Tacos
<b>Category:</b>	Entree
<b>Portion Size(s):</b>	2 Tacos
<b>Meal Components:</b>	1.75 oz eq M/MA; 1.75 oz eq grain, 5/8 cup vegetable (½ cup starchy vegetable & 1/8 red/orange vegetable)

Ingredients:	100 Portions	
	Weight	Measure
Eggs, liquid whole, frozen (USDA or Commercial)	6 lb 4 oz	2 qt 2 ½ cups
Nonstick cooking spray		2 sprays
Turkey bacon (such as Butterball)	3 lb	100 slices
Tater tots or gems, reduced sodium	15 lb 12 oz	
Taco seasoning, no salt added		¾ cup 1 Tbsp
6" Corn tortillas (at least 54 gm per 2)	11 lb 14 oz	200 each
Cheddar cheese, reduced fat, shredded (USDA or Commercial)	3 lb 2 oz	
Salsa, low-sodium, canned (USDA or Commercial)	6 lb 14 oz	3 qt ½ cup (~1 ¼ #10 cans)

### Directions:

1. Thaw eggs and turkey bacon: Thaw eggs in the refrigerator two days before use. Thaw bacon in the refrigerator one day before use. CCP: Hold at 40 °F or lower.
2. Cook Eggs: For every 50 servings, generously spray 1 (12" x 20" x 2-1/2") steamtable pan(s) with cooking spray. Place 1 qt 1 ¼ cups (3 lb 2 oz) egg in the pan. Bake for 5 minutes. Remove from the oven and stir eggs to move cooked egg from the edges to center. Cook for 5 more minutes or until no longer runny. Remove from the oven and chop into small pieces. (Tip: For fast and easy cutting, use a dough scraper.) CCP: Heat to 160 °F or higher for 15 seconds. CCP: Hold at 140 °F or higher.

3. Cook and cut bacon: Preheat oven to 350 °F. If bacon is pre-packaged on sheets of parchment paper, line full sheet pans with an additional sheet of parchment paper. Place 4 parchment sheets of bacon in a single layer on each lined pan. Cook for 8-10 minutes or until bacon begins to brown. CCP: Heat to 165 °F or higher for 15 seconds. Using a pizza cutter or knife, cut bacon slices in half. CCP: Hold at 140 °F or higher.
4. Season and cook potatoes: Preheat oven to 450 °F. Place each 5 lb bag of tater tots in a 4" steamtable pan or large bowl. Toss with  $\frac{1}{4}$  cup (1 oz) taco seasoning. Place in a single layer on a full sheet pan lined with parchment paper. Bake for 10-15 minutes or according to manufacturer's directions.
5. Heat tortillas: Place in steamtable pans and cover. Place in the warmer for 1 hour before service. (Note: Check to be sure they are covered tightly enough to prevent them from drying out.)
6. Build Tacos: Place 2 tortillas in a U shape in 2 pound (#220 paper boats). Place  $\frac{1}{2}$  slice bacon in the center of each tortilla. Top each bacon slice with  $\frac{1}{4}$  cup (4 tater tots or half of 4 oz spoodle),  $\frac{1}{2}$  oz egg (half of #16 scoop), and  $\frac{1}{4}$  oz cheese (half of 1 oz spoodle). Serve 2 Tbsp (#30 scoop) salsa on the side.

### Nutrients Per One Serving (K-12):

Calories	305	kcal	Total Fat	11	g	Total Dietary Fiber	6	g	Vitamin C	6	mg
Saturated Fat	4	g	Trans Fat	0	g	Protein	11	g	Iron	1.5	mg
Sodium	369	mg	Cholesterol	116	mg	Vitamin A	404	IU			
Sugars	2	g	Carbohydrate	42	g	Calcium	65	mg			

### Components Per One Serving (K-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1.75 oz. eq.	1.75 oz. eq.	5/8 cups(s)	0 cup(s)	0 cup(s)

#### Vegetable Subgroups:

Dark Green	Red/Orange	Legumes		Starchy		Other
0	cup(s)	1/8	cup(s)	0	cup(s)	1/2 cup(s)