

Eggritos

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Skim milk		2 cups		1 qt.
All-purpose dried egg mix	2 lb. 8 oz.		5 lb.	
Canned, whole kernel corn, drained	4 lb.	2 qt.	8 lb.	1 gal.
Water		2 qt. + 2 cups		1 gal. + 1 qt.
Bell peppers, chopped *	1 lb. 4 oz.	1 qt.	2 lb. 8 oz.	2 qt.
Minced onions, dehydrated		1/3 cup		2/3 cup
Prepared mustard		1/4 cup		1/3 cup
Salt, if desired		1 Tbsp.		2 Tbsp.
Garlic powder		2 tsp.		1 1/2 Tbsp.
Hot pepper sauce		2 tsp.		1 1/2 Tbsp.
Flour tortillas, warm		50 (6 to 8 in.)		100 (6 to 8 in.)

Directions

1. In mixing bowl, blend together dried egg, water, and skim milk until smooth.
2. Stir in corn, bell peppers, minced onions, mustard, salt, garlic powder, and hot pepper sauce.
3. In nonstick or spray-coated skillet or steam-jacketed kettle, scramble egg mixture over medium-low heat. Cook until firm throughout with no visible liquid egg remaining. Repeat procedure with remaining egg mixture, if necessary. Keep cooked scrambled eggs warm.
4. Portion 1/2 cup (#8 scoop) egg mixture into a tortilla; roll up.
5. Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	277	
Total Fat	12 g	
Protein	15 g	
Carbohydrates	27 g	
Dietary Fiber	2 g	
Saturated Fat	4 g	
Sodium	515 mg	

Meal Components

Meat / Meat Alternate 2 1/2 ounces

*Dehydrated green peppers may be used in recipe.
Rehydrate and drain peppers, if necessary, before using in recipe.

Notes

Note: Do not let uncooked egg mixture remain at room temperature for longer than one hour (including preparation and service time).

Contribution to School Lunch Program: Each serving provides 2.5 oz. meat/meat alternate, 3/4 serving bread alternate providing tortilla is enriched (using 6-inch tortilla).