



Ruby Wild Blend™ Breakfast Taco

Yield: 34 tacos

One taco provides 1½ oz. equivalent grain/bread, ⅛ cup red/orange vegetable and 1½ oz. equivalent meat/alt.

Ingredients

- 2 qts. water
- 2 lbs. InHarvest Ruby Wild Blend™
- 2 T. cumin, ground
- 1 t. kosher salt
- ½ t. pepper
- 2 c. cilantro, chopped
- 2 T. lime juice
- 1 T. vegetable oil
- 17 eggs, large, beaten
- 34 6" corn tortillas (24 grams)
- 17 oz. cheddar cheese, low sodium, grated
- ¼ c. USDA salsa, low sodium, canned (or other low-sodium salsa)

Directions

1. In a pot, bring the water to a boil.
2. Into each 2½" hotel pan, place 2 lbs. InHarvest Ruby Wild Blend, 2 T. cumin, 1 t. kosher salt, ½ t. pepper and 2 qts. boiling water. Stir well to combine.
3. Cover the pan with foil.
4. Cook in a 350°F convection oven for approximately 50 minutes or until the grain is tender and most of the liquid is absorbed. (If using different equipment, adjust per package instructions.)
5. Remove the pan from the oven, remove the foil, and stir in the cilantro and lime juice using a rubber spatula. Replace the foil and hold hot for service.
6. Heat a large pan over medium-high heat. Add the vegetable oil.
7. Add the eggs and cook, stirring, until the eggs are cooked through.* Hold hot for service.
8. Heat the tortillas in an oven or steamer. Hold hot for service.
9. At service, place ½ c. cooked grain on one half of a tortilla. Top the grain with ⅛ c. scrambled eggs. Top the eggs with ½ oz. cheese. Top the cheese with ⅛ c. salsa. Fold the tortilla over the filling. Serve.

Nutrition Facts

Per serving: 276 cal., 11 g pro., 36 g carb., 3 g fiber, 10 g fat, 4 g. sat. fat, 122 mg chol., 194 mg sod.

Recipe Tip

* Alternately, the eggs can be cooked in a 350°F oven. Oil the bottom of a hotel pan and add beaten eggs. Bake, uncovered, for approximately 15 minutes, removing once to stir with a rubber spatula and break up the eggs as they cook.