

The Culinary Institute of America

Recipe: 000116 HFHK Chilaquiles

Recipe Source: Chobani
 Recipe Group: BREAKFAST

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 36
 Size of Portion: servings

018363 TORTILLAS,RTB OR -FRY,CORN..... 004053 OIL,OLIVE,SALAD OR COOKING.....	40 tortilla 8 TBSP	1. Cut 6" tortillas into 3" x 1" strips. Place in a mixing bowl and drizzle with 4 tablespoons of olive oil. Toss well to coat tortillas evenly. Divide tortillas between 2 large sheet trays and spread evenly into a single layer. Place in a 400°F oven and toast until light golden brown in color, about 20 minutes. Remove from oven and reserve.
011333 PEPPERS,SWEET,GREEN,RAW..... 902410 TOMATOES, CANNED, DICED..... 902404 SALSA, TOMATO, CANNED..... 014429 WATER,MUNICIPAL..... 799926 BEANS,BLACK,CND,DRND..... 050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW... 002020 GARLIC POWDER..... 002026 ONION POWDER..... 799902 CUMIN,GROUND..... 002009 CHILI POWDER..... 011282 ONIONS,RAW.....	2 CUP, chopped 2 CUP 6 CUP 2 CUP 2 CUP 3 CUP 1/2 TSP 1 TSP 1/2 TSP 2 TSP 1 1/3 CUP, chopped	2. In a large pot over medium heat, add remaining 4 tablespoons of olive oil, diced onions, and diced green peppers. Cook until onions are tender and translucent. Add tomatoes, salsa, water, black beans, corn, garlic powder, onion powder, cumin, and chili powder. Bring to a simmer and cook for 10 minutes. Remove from heat and reserve.
001123 EGG,WHOLE,RAW,FRESH.....	24 large	3. Crack eggs in a large bowl. Add 1 cup Chobani Greek Yogurt and whisk well until combined. Heat a nonstick skillet over medium heat and add eggs. Use a rubber sptaula to stir. Cook to soft scrambled eggs consistency. Remove from heat and reserve.
001009 CHEESE,CHEDDAR..... 902446 Yogurt, Greek, 2%..... 009037 AVOCADOS,RAW,ALL COMM VAR..... 009160 LIME JUICE,RAW..... 902424 SALT, KOSHER, COARSE..... 002030 PEPPER,BLACK.....	16 OZ 1 QT 2 avocado 1 1/2 TBSP 1 TSP 1/2 TSP, ground	4. In a food processor, combine remaining 3 cups of Chobani Greek Yogurt, avocados, lime juice, kosher salt, and ground black pepper. Process until smooth. Reserve cold until ready to serve.
011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R....	3/4 CUP, chopped	5. In a full size, 2-inch deep hotel pan, add tortilla chips and spread evenly. Ladle tomato sauce evenly over tortilla chips. Spread eggs in an even layer on top of sauce. Spread grated cheddar cheese evenly on top of eggs. Bake pan at 350°F for 15 minutes. Remove from oven and top entire pan with green onions. Serve immediately or hold above 140°F. To serve, use a large kitchen spoon to plate and top each portion with a 0.75 ounce dollop of Chobani Greek Yogurt-avocado sauce.

*Nutrients are based upon 1 Portion Size (servings)

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Calories	*303* kcal	Cholesterol	*141.01* mg	Protein	*16.19* g	Calcium	*191.80* mg	*42.17%*	Calories from Total Fat
Total Fat	*14.21* g	Sodium	436.94 mg	Vitamin A	*186.26* RE	Iron	*2.60* mg	*15.70%*	Calories from Saturated Fat
Saturated Fat	*5.29* g	Carbohydrates	*24.98* g	Vitamin A	*765.75* IU	Water ¹	*88.35* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	*4.35* g	Vitamin C	*13.29* mg	Ash ¹	*1.55* g	*32.95%*	Calories from Carbohydrates
								21.36%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.500 oz		Y - Milk	N - Peanut	
Grain..... 0.750 oz		Y - Egg	N - Tree Nut	
Fruit..... cup			N - Fish	
Vegetable..... 0.250 cup			N - Shellfish	
Milk..... cup			N - Soy	
Moisture & Fat Change			N - Wheat	
Moisture Change..... 0%				
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	018363	TORTILLAS,RTB OR -FRY,CORN			
I	004053	OIL,OLIVE,SALAD OR COOKING			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	902410	TOMATOES, CANNED, DICED			
I	902404	SALSA, TOMATO, CANNED			
I	014429	WATER,MUNICIPAL			
I	799926	BEANS,BLACK,CND,DRND			
I	050536	CORN, CANNED, WHOLE KERNEL (LIQUID PA			
I	002020	GARLIC POWDER			
I	002026	ONION POWDER			
I	799902	CUMIN,GROUND			
I	002009	CHILI POWDER			
I	001123	EGG,WHOLE,RAW,FRESH			
I	001009	CHEESE,CHEDDAR			
I	902446	Yogurt, Greek, 2%			
I	009037	AVOCADOS,RAW,ALL COMM VAR			
I	009160	LIME JUICE,RAW			

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I	902424	SALT, KOSHER, COARSE			
I	002030	PEPPER, BLACK			
I	011291	ONIONS, SPRING OR SCALLIONS (INCL TOPS			
I	011282	ONIONS, RAW			

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