



## BREAKFAST NACHOS WITH WALKING TACO TOSTITOS® REDUCED FAT CRISPY ROUND TORTILLA CHIPS

### Each Serving Provides:

**2.5 oz. Meat/MA** (1  $\frac{3}{4}$  oz = 2 MMA +  
.5 oz. cheese)  
 **$\frac{1}{4}$  c. Vegetables**  
 **$\frac{1}{4}$  c. Red/Orange** (Salsa)  
**2 oz. eq. Grains** (1.4 oz. Walking  
Taco Tostitos Reduced Fat  
Crispy Rounds Tortilla Chips)

### Breakfast Nachos with Walking Taco TOSTITOS® Reduced Fat Crispy Round Tortilla Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
USDA Liquid Whole, Frozen eggs, thawed (100046)	11 lbs.	1 $\frac{3}{4}$ oz.
USDA shredded yellow cheese (100012)	3.125 lbs.	.5 oz
USDA Salsa (110186)	1 Gal. + 2 Qts. + 1 c.	$\frac{1}{4}$ c.
Reduced sodium taco seasoning	3 oz.	dash
Chopped onions	2 cups	1 tsp.
<a href="#">1.4 oz. bags Walking Taco TOSTITOS® Reduced Fat Tortilla Chips</a>	100	1 - 1.4 oz. bag

### PREPARATION

1. In a bowl, beat eggs. In a large spray coated pan over medium heat, cook and scramble eggs in small batches.
2. Stir in taco seasoning, cheese and onions into eggs.
3. To serve, top 1.4 oz. Walking Taco TOSTITOS® Reduced Fat Crispy Rounds Tortilla Chips, either on a plate or directly in opened bag, with hot egg mixture and salsa. Serve immediately.

**Nutrition Facts****1 Serving:**

Calories	320
Saturated Fat	4.5
Sodium	465mg