

Baja Breakfast Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Measure	Measure
Tofu Scramble		
Tofu, firm, drained	6 lbs. 14 oz.	13 lbs. 12 oz.
Turmeric	2 Tbsp.	¼ cup
Vegetable oil	2 Tbsp.	¼ cup
Chile Ranch Dressing		
Green chilies, canned	1 cup	1 pint (2 cups)
Ranch, dairy-free	1 ½ pints (3 cups)	1 ½ quarts
Remaining Bowl Ingredients		
Potato rounds (tater tots), baked	8 lbs.	16 lbs.
Black beans, drained, rinsed	2-#10 cans	4-#10 cans
Salsa	1-#10 can	2-#10 cans
Cilantro, minced	½ cup	1 cup

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. Bake tater tots according to package directions. Hold in warmer until meal service.
2. Crumble tofu in a large bowl to resemble scrambled egg texture.
3. Add turmeric to tofu; mix well to coat tofu.
4. Heat oil in tilt skillet, add tofu and cook for 10-15 minutes. Hold in warmer until meal service.
5. Combine chilies and ranch; mix well.
6. Combine black beans and salsa; mix well.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Assemble

1. Portion ½ cup of potato rounds (tater tots) into individual serving bowl or directly on tray.
2. Portion ⅔ cup of black bean mixture over the potato rounds.
3. Portion ¼ cup of tofu scramble over the black beans.
4. Drizzle 1 Tbsp. of ranch over the scramble and garnish with a pinch of minced cilantro.

Serving Information

Each breakfast bowl provides 1 meat alternate, ½ cup starchy vegetable, ¼ cup beans/legumes vegetable and ⅓ cup red/orange vegetable.

To serve at lunch, use the black beans as part of the meat alternate to provide a total of 2 meat alternates, ½ cup starchy vegetable and ⅓ cup red/orange vegetable.

Nutrition Information per breakfast bowl *From USDA Nutrient Database

Calories: 469 Total Fat: 19g Saturated Fat: 2.5g Monounsaturated Fat: 6g Polyunsaturated Fat: 4g Trans Fat: 0g
 Cholesterol: 0mg Carbohydrate: 60g Fiber: 10g Total Sugar: 3g Protein: 13g Sodium: 799mg Vitamin A: 12µg
 Vitamin C: 18mg Calcium: 187mg Iron: 4mg Folate: 54µg