

Recipe Name: Breakfast Burrito**Recipe Category:** Breakfast Entree**Portion Size:** 1 Breakfast Burrito**Ingredients:** Yields: 8 servings

Ingredients	Notes:
8 eggs, beaten	May use 2 cups egg substitute
1/2 Cup nonfat milk	
1 Cup shredded low fat cheddar cheese	
8 (6 inch) Flour tortilla	May use whole grain
1/2 c. onion	Wash, peel and dice
2 tablespoons oil	
3 tablespoons canned diced green chili pepper	
1/2 c. Salsa	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Place oil in a large skillet and begin to sauté the onions	
2	Add eggs, milk, and green chilies to skillet	
3	Using a large spoon, lift and fold partially cooked eggs uncooked portions flow underneath	
4	Continue cooking over medium heat for 2 to 3 minutes or till eggs are cooked throughout	Cook until internal end temperature is 160 ° degrees F.
5	Divide eggs into each tortilla	
6	Top with cheese and salsa. Serve immediately.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 135° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat product only once, discard if not used. Store in refrigerator up to 72 hours.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size prior to layering. Moisten with milk as needed.

Chopped: **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to layering. Moisten with milk as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to layering. Moisten with milk as needed.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add milk or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Serve 1/4 c. puree meat serving and 1/2 c. puree tortilla separately. May puree egg and cheese together. And puree tortilla with onion, chili pepper and salsa for flavor.

Therapeutic Modified Diets:

Low-fat: Use egg substitute

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: omit chili pepper and salsa

Liberal House Renal: Omit salsa and chili pepper

No Added Salt: No changes needed

2 Gram Sodium: omit salt

Gluten Free: Use corn tortillas . Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

Key: SF= Salt Free D= Diet or Sugar Free LF = Low-fat FF = Fat Free GF = Gluten Free