

RECIPES FROM three eighty ate

CHILAQUILES EGG SCRAMBLE

36 fl oz	Liquid Egg Whites
1/4 tsp	Kosher Salt
12 fl oz	Scrambled Eggs
6 each	6" Corn Tortillas
3 cup	Tomatoes, Diced
3 tbsp	Jalapenos, Minced
24 tbsp	Roasted Tomato Salsa (recipe below)
6 oz	Queso Fresco
	Cooking Oil Spray

1. Combine the whole eggs, egg whites and salt together.
2. Place corn tortillas on a hot grill and toast until crisp and browned. Cut into strips. Set aside.
3. Make Roasted Tomato Salsa according to recipe.
4. Lightly spray omelet pan or flat top with pan spray, add egg batter and gently scramble with diced tomatoes, jalapenos and tortilla strips. Stir gently and cook until egg is set. Add salsa and fold in. Garnish with cheese.

Portion: 1 1/2 cups

Nutrition: 191 calories, 8g fat, 11g carbs, 18g protein, 438mg sodium

Yield: 12 servings

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ROASTED TOMATO SALSA

1 1/2 lb	Tomatoes, Roma
1 each	Yellow Onions, Quartered
1 each	Jalapenos
1/4 tsp	Garlic, Minced
1/2 cup	Cilantro, Chopped
1/2 tsp	Kosher Salt
1/8 tsp	Ground Black Pepper
1 tbsp	Fresh Lemon Juice

1. Place whole tomatoes, quartered onions and whole jalapeno chilies on the grill or under a broiler. Turn the vegetables to char evenly. Place cooked vegetables in a blender or food processor and add garlic, cilantro, salt, black pepper and lemon juice. Puree to desired consistency - smooth to slightly chunky.