

# Chicken Sausage Breakfast Tacos

Gold Kist Farms® Dark Meat Chicken Sausage (6390) with eggs and spicy Pepper Jack cheese makes an exciting taco filling that will spice up any menu.



## YIELD

50 servings (1 taco each)

## MENU FIT/DAYPART

Lunch/Breakfast

## COMPONENTS

2oz eq M/MA

1 ounce grain

## DIFFICULTY

Easy

## ALLERGENS

wheat, dairy

## INGREDIENTS AND PREPARATION

**50 servings (1 patty, 1.37oz each) Gold Kist Farms Dark Meat Breakfast Sausage (6390)**

**50 small (6") whole corn or whole wheat soft taco shells**

**50 eggs**

**1 tablespoon cumin**

**1 teaspoon ground black pepper**

**3 cups shredded Pepper Jack cheese**

**50 servings (1 ounce each) pico de gallo or other salsa**

1. Preheat conventional oven to 350°F or convection oven to 400 ° F. Arrange chicken sausage pieces in a single layer on an ungreased baking pan. Bake for 15 minutes in a conventional oven or 8 minutes in a convection oven or until product reaches 165° F.
2. In a large bowl, whisk together eggs, pepper and cumin. Cook eggs in a large skillet until cooked through. Meanwhile, slice sausage patties into thin strips. Add sliced sausage to skillet with the eggs and mix thoroughly. Warm tortillas.
3. To prepare tacos, scoop equal amounts of egg and sausage mixture into tortillas. Sprinkle 1 tablespoon of shredded cheese over each taco. Serve immediately with salsa.

*Serving Suggestions:* Serve with diced cantaloupe and milk. For lunch, serve with cantaloupe, sauteed peppers and onions and milk. This recipe would also work well in a taco bar. Have students choose their own toppings like cheese, diced onion, diced peppers, a variety of salsa and avocado.

## Nutrition Facts

Serving Size (196g) (1 taco)

Amount Per Serving

Calories 320 Calories from Fat 150

% Daily Value\*

Total Fat 16g 25%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 290mg 97%

Sodium 980mg 41%

Total Carbohydrate 17g 6%

Dietary Fiber 1g 4%

Sugars 3g

Protein 26g

Vitamin A 10% • Vitamin C 4%

Calcium 15% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 60g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 305mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Get the products and support trusted by so many. Talk to your representative today:  
Call 800.336.9876 or visit [GoldKist.com](http://GoldKist.com)