

PICKLES & PEPPERS

**Huevos
Rancheros
with Roasted
Tomato Salsa**



BAY VALLEY
F O O D S

Huevos Rancheros with Roasted Tomato Salsa

Eggs: Single Serving; Salsa: 6 Servings

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving)
<u>Roasted Tomato Salsa</u>			343 calories
Tomatoes	1 lb.	Roast tomatoes on a grill or under a broiler until skin blisters and blackens slightly. Peel, core, and cut tomatoes into chunks. Place in work bowl of food processor or in a blender; add jalapeño peppers. Process to make a coarse puree. Set aside.	14 g protein
Bay Valley Foods® Jalapeños , stemmed and chopped	2 (1 oz.)		21 g carbohydrate
Olive oil	2 Tbsp.		2 g fiber
Onion, finely chopped	3/4 cup (6 oz.)	Heat 2 Tbsp. olive oil in large heavy-bottomed saucepan and add onion and garlic. Cook over medium heat until soft, but not brown, about 8 minutes. Add tomato puree and stir in oregano and red chile sauce. Cook, uncovered, over medium heat for 15 minutes or until sauce thickens. Season to taste with salt and pepper.	22 g fat
Garlic, finely chopped	1/2 tsp.		4.5 g saturated fat
Dried leaf oregano	1/2 tsp.		0 g trans fat
Commercial red chile or taco sauce	2 Tbsp.		422 mg cholesterol
Salt	1/8 tsp.	Paint the tortilla on each side with 1/4 tsp. of oil. Fry gently in small skillet until softened, 10 to 15 seconds on each side. Remove to a heated plate. Meanwhile, fry eggs sunny side up.	672 mg sodium
Black pepper	1/16 tsp.		
<u>Huevos, per order:</u>			
Olive oil	1 1/2 tsp.	Top the tortilla with the fried eggs, and a scant half cup (3.5 oz) of <i>Roasted Tomato Salsa</i> . If desired, garnish plates with avocado slices and cilantro leaves.	
Corn tortilla	1 6-inch		
Eggs	2		



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