

≡ SURFER'S CHICKEN FAJITA OMLET ≡

Sautéed onion, red and green peppers, fluffy scrambled eggs and grilled Pierce Chicken® Fajita Seasoned Breast Sizzle Strips®, with sliced avocados folded in a whole wheat tortilla.

“The reason for poultry’s heightened interest is clear. More than three-fifths of consumers believe that chicken and turkey are more healthful than beef and pork, and among the majority of consumers who say their overall poultry consumption is up from two years ago, most (around 70 percent) say health interests are behind their decisions to choose chicken or turkey more often at restaurants and at retail.”

Technomic, “Chicken, Turkey Gain Ground at Breakfast,” April 2013.



NUTRITION FACTS

APPROXIMATE VALUES

Yield: 24 servings

Serving Size: 421g	Amount Per Serving		% Daily Value*
Calories:	610		
Total Fat:	28g		43%
Cholesterol:	515mg		172%
Sodium:	1440mg		60%
Total Carbs:	35g		12%
Dietary Fiber:	6g		24%
Sugars:	7g		
Protein:	52g		

*Percent Daily Values are based on a 2,000 calorie diet.

Allergens: eggs, milk, soy, wheat

INGREDIENTS

Red peppers, cored, sliced	1½ quarts
Green peppers, cored, sliced	1½ quarts
Yellow onion, peeled, sliced	1 quart
Pierce Chicken® Fajita Seasoned Breast Sizzle Strips® (Code #6264), thawed	6 pounds (6 quarts)
Eggs	4 dozen
Chunky salsa	3 cups
Monterey Jack cheese, shredded	6 cups (24 ounces)
Avocados, peeled, cored, sliced	6 each (48 slices)
Whole wheat tortillas (12 inch), warmed	24 each

METHOD

1. Sauté peppers and onion on an oiled flat top for 5 to 8 minutes or until tender and lightly browned; hold warm for service.

To make one serving:

1. Sauté 1 cup (4 ounces) Fajita Seasoned Breast Sizzle Strips® on an oiled flat top for 5 minutes or until internal temperature reaches 165°F.
2. Scramble 2 eggs to order.
3. Place ½ cup pepper/onion mixture, Fajita Seasoned Breast Sizzle Strips®, scrambled eggs, 3 tablespoons cheese, 2 tablespoons salsa, and 2 slices avocado on 1 side of a whole wheat tortilla.
4. Fold tortilla over filling.