

# eggscetera

American Egg Board Foodservice Newsletter

## Spice Up Your Menu

Cilantro, chipotle peppers, and cumin are just a sampling of some of the flavor-packed ingredients that, when combined with eggs, can add a real zing to your menu. Eggs, with their mild flavor and versatility, make them a natural when it comes to creating a Latin American flair for any foodservice operation. When looking to enhance your menu, head south-of-the-border and turn up the heat.

Nuevo Latino dishes are growing favorites among patrons. Customers are branching out and looking to experience new tastes and flavors. Nuevo Latino cuisine offers a great deal of variety and when combined with the mild flavor and low food cost of eggs, it is sure to be a profitable match - morning, noon or night.

May is National Egg Month where the whole month is devoted to the virtues of the egg. This would be the perfect

opportunity to experiment with one of the award-winning Nuevo Latino recipes in this newsletter. Breakfast Chimichangas would certainly wake up patrons' taste buds with the scrambled eggs, sausage, potatoes, peppers, and onions all rolled in a tortilla and deep-fried. For a lunchtime menu offering or as a cold, spicy appetizer try adding Chipotle Egg Salad Pinwheels to your menu. Customers will find this flavorful egg salad (served on flat bread) a real south-of-the-border treat. After trying one of these dishes, combine eggs with your own signature mix of Latin American ingredients to find new customer favorites.

The American Egg Board has a National Egg Month merchandising kit available to help with egg promotions during May (see coupon on back). Don't miss the chance to discover new profit opportunities with eggs. This May, journey south-of-the-border and spice up your menu with Nuevo Latino flavors and eggs.

## Chipotle Egg Salad Pinwheel

Serving Size: 12 (1 sandwich) servings

Ingredients	Weight	Measure
Hard-cooked eggs, peeled and coarsely chopped	4 lb.*	36 large
Mayonnaise	12 oz.	1-1/2 cups
Celery, finely diced	3 oz.	3/4 cup
Chipotle chili puree**	--	3 Tbsp.
Salt	--	To taste
Avocados, pitted, peeled, and coarsely chopped***	1 lb. 10 oz.	6 large
Lime Juice	1 oz.	2 Tbsp.
Onions, finely diced	2 oz.	1/2 cup
Cilantro, stems removed	6 oz.	2 bunches
Soft lavash flat bread or large tortillas, edges squared	--	12 (12" squares)

### Method

1. Combine eggs, mayonnaise, celery, and chili puree; fold to combine. Season with salt to taste. Refrigerate until service.
2. Sprinkle lime juice over avocado. Stir in onions; mash. Refrigerate until service.
3. Spread 1/4 cup avocado mixture onto each lavash. Lightly spread on approximately 2/3 cup egg mixture. Top with cilantro.
4. Roll into logs; cut each log into desired number of pieces. Serve immediately.

\*If using peeled hard-cooked egg product.

\*\*Canned chipotle chilies in adobo sauce, pureed.

\*\*\*Or substitute 3 cups prepared guacamole, omitting lime juice and onions.



# Recipe Corner

## Breakfast Chimichanga

Serving Size: 12 (1 tortilla) Servings

### Ingredients

Bell pepper and onion blend, frozen (thawed) or fresh  
Shredded potatoes  
Butter or oil blend

### Weight

1 lb.  
1 lb. 4 oz.  
--

### Measure

4 cups  
4 cups  
1/2 cup

Eggs  
Cooked sausage chunks (for pizza topping)  
Jack and Cheddar shredded cheese blend  
Flavored tortillas\*\*

1 lb. 12 oz.\*  
1 lb.  
1 lb.  
Approx. 2 lb.

16 large  
--  
4 cups  
12 large

Canned cheese sauce  
Picante sauce

--  
--  
3 cups  
3 cups

\*If using frozen or liquid whole egg product.

\*\*Garlic/herb, spinach, tomato, etc.

### Method

1. Fry pepper-onion blend in 1/4 cup butter; remove and reserve warm in large bowl.
2. Fry potatoes in 1/4 cup butter until golden brown. Add to peppers; reserve warm.
3. Scramble eggs until firm throughout with no visible liquid egg remaining; stir in sausage.
4. Add scrambled eggs to potato/pepper mixture. Mix in shredded cheeses. Keep warm.
5. Portion about 1 cup egg mixture into each tortilla. Roll up envelope-style, securing with toothpicks or wooden skewers, if needed.
6. Deep fry rolls until golden brown, about 2 to 3 minutes.
7. Blend cheese sauce and picante; heat through.
8. Serve about 1/2 cup sauce with each chimichanga.

**Note:** Do not let uncooked egg mixture remain at room temperature for longer than one hour (including preparation and service time).

American Egg Board has available a merchandising kit featuring National Egg Month promotional items as well as other egg menuing ideas. If you would like to receive a sample of this kit, please fill in this form and return it to us at the address below.

Name \_\_\_\_\_  
 Food Service Operation \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

American Egg Board  
1460 Renaissance Drive  
Park Ridge, IL 60068  
Phone: 847-296-7043 Fax: 847-296-7007  
E-mail: [aeb@aeb.org](mailto:aeb@aeb.org) Web Site: [www.aeb.org](http://www.aeb.org)

9910-F

The incredible edible egg™  
 www.aeb.org  
 (847) 296-7007 FAX  
 (847) 296-7043  
 Park Ridge, IL 60068  
 1460 Renaissance Drive  
 American Egg Board

