



SUNCHIPS® SUNRISE SWEET POTATO BOWL

Each Serving Provides:

1 oz. Meat/MA (4 oz. yogurt)
1 c. Red/Orange & Other Vegetables
(1/2 c. sweet potatoes + 1/2 c.
pepper/onion blend)
1.25 oz. eq. Grains (1 oz. bag Sunchips
Garden Salsa)

SUNCHIPS® Sunrise sweet potato bowl

INGREDIENT	QUANTITY 100 servings	1 Serving
Liquid Whole Frozen	18 ¾ c. Eggs	0.5 Large Eg
Sweet Potatoes, Cubed No Salt Added, Frozen	3 gal. +2 c.	½ c.
Pepper/Onion Strips No Salt Added, Frozen	6 lb. + 10 oz.	30 g.
Garlic Powder	1 ½ c.	¼ Tbsp.
Cumin Powder	1 ½ c.	¼ Tbsp.
Paprika	1 ½ c.	¼ Tbsp.
Sodium Free Chicken Bouillon	3 ½ oz.	1 g.
Sunchips® Garden Salsa Flavored Whole Grain Snacks.	100 – 1 oz. Bags	1 oz. Bag

PREPARATION

1. Preheat oven to 400°F.
2. Cook liquid eggs to a soft scramble.
3. Add remaining ingredients except Sunchips to a hotel pan and stir to coat everything with the spices evenly
4. Return the hotel pan to the oven and cook for another 30 minutes.
5. Put a portion of the Sunchips into the serving bowl. Top with sweet potato mixture and a portion of scrambled eggs.

Nutrition Facts	
1 Serving:	
Calories	194
Saturated Fat	1.6g
Sodium	280mg