

# EGGS IN SALSA VERDE

<b>Culinary Intro:</b>	Click here to enter text.
<b>Nutrition Intro:</b>	Try this healthy breakfast to pack un some veggies and start your day off right!

<p><b>Prep Time:</b> min  <b>Ingredients for 4 servings</b>  <b>Each serving = 1 egg + ½ cup sauce</b>  <b>Cost per serving= \$0.77</b>  <b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 6 tomatillos, husks removed, washed and quartered (about 1 pound)</li> <li>• Small piece of white onion (about 1/8 slice of white onion)</li> <li>• Jalapeno, to taste</li> <li>• 2 large handfuls cilantro</li> <li>• ¼ teaspoon salt</li> <li>• 2 teaspoons canola oil</li> <li>• 4 large eggs</li> <li>• 4 Tablespoon low-fat sour cream, divided</li> <li>• ½ large avocado, sliced</li> <li>• Chopped cilantro, for serving</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. In a food processor, combine the tomatillo, onion and jalapeno. Puree until smooth. Add the cilantro and pulse to combine. Add salt and pulse to combine.</li> <li>2. Heat a large nonstick skillet over medium heat. Add oil and then the salsa verde. Warm through about 4 minutes.</li> <li>3. Meanwhile, crack eggs into small ramekins or bowls. Gently drop in eggs in to sauce. Season with a little salt and then cover with a lid for about 7 minutes. Make sure the sauce is not bubbling too much. Eggs should be gently poached. After 7 minutes, check the eggs. Eggs should be fully cooked. Serve with (pasteurized) queso fresco or low-fat sour cream, avocado slices and freshly chopped cilantro</li> </ol> <p><b>NUTRITION FACTS</b> Serving Size = 1 egg (206g); Servings per container = 4; Calories 180; Total Fat 12g (15%); Saturated Fat 3g (15%); Cholesterol 190mg (63%); Sodium 230mg (10%); Total Carbohydrate 11g (4%); Dietary Fiber 3g (11%); Total Sugars 6g; Added Sugars 0g (0%); Protein 9g</p>	<b>Culinary/ Nutrition Notes for Demo:</b>	
	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Make sure the pan is very hot before adding the eggs so that the eggs cook properly.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• The egg white is a great source of protein while the egg yolk contains most of the vitamins and minerals beneficial to health.</li> </ul>
	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• You don't have to cook the salsa verde. Enjoy with corn totopos or as a garnish for cooked chicken or fish.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>
	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Demo fruit fabrication for avocado</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• The avocado provides healthy fats that will help you feel satiated and last until lunch time.</li> </ul>
	<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Tomatillos are green tomatoes originating in central America that create a tart flavor in the dish.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>
	<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>

## Clean-up/Review comments

**Culinary:**  
Click here to enter text.  
**Nutrition:**

Materials	Shopping List
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 bowl for trash</li> <li>4. Food processor</li> <li>5. Large non stick skillet</li> <li>6. 1 serving dish for final presentation</li> <li>7. mise en place cups</li> <li>8. 1 electric skillet</li> <li>9. 1 can opener</li> <li>10. 1 strainer/ sieve</li> <li>11. silicone spatula</li> <li>12. measuring cups</li> <li>13. measuring spoons</li> <li>14. paper plates/ cups/ soufflé cups</li> <li>15. tasting spoons</li> <li>16. paper towels</li> <li>17. tablecloth</li> <li>18. kitchen towel</li> <li>19. gloves</li> <li>20. copies of recipe</li> </ol>	<b>Produce</b> <ul style="list-style-type: none"> <li>• 6 tomatillos</li> <li>• White onion</li> <li>• Jalapeno</li> <li>• Cilantro</li> <li>• Eggs</li> <li>• Low- fat sour cream</li> <li>• Avocado</li> </ul>
	<b>Dry Goods</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Salt</li> <li><input type="checkbox"/> Canola oil</li> </ul>
	<b>Condiments</b> <ul style="list-style-type: none"> <li><input type="checkbox"/></li> </ul> <b>Paper Goods</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Click here to enter text.</li> </ul>
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the onion, garlic, intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation: 30 minutes</b></p>	