

TORTILLAS BEFORE TOUCHDOWNS

COOKBOOK
SEPTEMBER 2025

SAUSAGE BREAKFAST BURRITOS

YIELDS 6 SERVINGS



INGREDIENTS:

- 6 large flour tortillas
- 8 large eggs
- ½ lb breakfast sausage
- 2 cups diced potatoes or frozen hashbrowns
- 1 cup shredded cheese
- 1 Tbsp oil or butter
- Salt & pepper

INSTRUCTIONS:

1. Cook sausage in skillet until browned. Remove and set aside.
2. In same pan, cook potatoes with oil until crispy. Season.
3. Whisk eggs, scramble until set.
4. Assemble tortillas with sausage, potatoes, eggs, and cheese. Roll tightly.

VEGETARIAN BREAKFAST BURRITOS

YIELDS 6 SERVINGS



INGREDIENTS:

- 6 large flour tortillas
- 8 large eggs
- 1 can (15 oz) black beans, drained & rinsed
- 2 cups diced potatoes or frozen hashbrowns
- 1 cup shredded cheese
- 1 Tbsp oil or butter
- Salt & pepper

INSTRUCTIONS:

1. Cook potatoes in oil until crispy.
2. Warm beans with a little seasoning (salt, pepper, cumin, or chili powder if you like).
3. Scramble eggs until just set.
4. Assemble tortillas with potatoes, beans, eggs, and cheese. Roll tightly.

CORN SALAD

YIELDS 20 SERVINGS



INGREDIENTS:

- 3 cups frozen corn
- 2 cups grape tomatoes, halved
- 1 large English cucumber, diced and peeled
- ½ small red onion, finely diced
- 1 cup feta, crumbled
- ¼ cup fresh parsley, chopped
- ¼ cup fresh basil, chopped
- ¼ cup olive oil
- 2 Tbsp red wine vinegar
- 2 Tbsp lime juice
- 1 tsp honey
- 1 clove garlic, minced
- ½ tsp salt
- ¼ tsp black pepper

INSTRUCTIONS:

1. Mix dressing ingredients: In a mixing bowl whisk together olive oil, red wine vinegar, lemon juice, honey, garlic, salt and pepper. Refrigerate while preparing salad.
2. Boil water, also prepare an ice bath: Bring a large pot of water to a boil. Have a large bowl of ice water ready nearby.
3. Cook corn: Once water in pot boils add corn 3 minutes.
4. Chill corn: Transfer to ice water to cool for a few minutes. Drain well.
5. Cut corn kernels, add to bowl: Cut kernels from corn then transfer to a large bowl.
6. Add remaining ingredients to bowl: Add tomatoes, cucumbers, red onion, feta, parsley and basil.
7. Pour over dressing, toss: Whisk dressing again then pour over salad. Toss well to coat, season with more salt as desired.

SALSA

YIELDS 5 SERVINGS (1 CUP EACH)



INGREDIENTS:

- 1 lb Roma tomatoes (about 5), halved or quartered
- 12 oz canned petite diced tomatoes, with their juice
- ½ cup white onion, chopped
- 1 jalapeno pepper, roughly chopped and seeded
- ⅓ cup fresh cilantro
- 2 cloves garlic, roughly chopped
- 1 Tbsp lime juice
- ½ tsp chili powder
- 1 tsp ground cumin
- 2 tsp salt

INSTRUCTIONS:

1. Place all of the ingredients into a food processor or high-speed blender. Pulse in 2 second bursts until all ingredients are chopped and combined. Note: Don't over blend your salsa. You want a fine texture, but not a puree. Leave salsa covered and refrigerated for a couple of hours before you are ready to serve. This will bring all the flavors together.

GUACAMOLE

YIELDS 4 SERVINGS



INGREDIENTS:

- 3 avocados
- ½ small yellow onion, finely diced
- 2 roma tomatoes, diced
- 3 Tbsp finely chopped fresh cilantro
- 1 jalapeno pepper, seeds removed and finely diced
- 2 garlic cloves, minced
- 1 lime, juiced
- ½ tsp salt

INSTRUCTIONS:

1. Slice the avocados in half, remove the pit and scoop into a mixing bowl.
2. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together.

CITRUS SUNRISE PUNCH

YIELDS 20 SERVINGS (1/2 CUP EACH)



INGREDIENTS:

- 1 can (12 oz) frozen lemonade concentrate, thawed
- 1 can (12 oz) frozen limeade concentrate, thawed
- 1 can (12 oz) frozen orange juice concentrate, thawed
- 8 cups cold water
- 2 liters ginger ale, chilled
- Ice cubes
- 1 quart orange sherbert

INSTRUCTIONS:

1. In a large container, combine concentrates and water. Chill. In a large pitcher or punch bowl, combine the ginger ale and chilled concentrate mixture; add ice cubes. Top with scoops of sherbert. Serve immediately.



FRUIT KEBABS

YIELDS 50 SERVINGS



INGREDIENTS:

- o 1 pineapple, cut into bite sized chunks
- o 1 two-pound box of strawberries, halved
- o 1 bag of green grapes
- o 50 skewers sticks

INSTRUCTIONS:

1. Core and then cut pineapple into bite sized pieces
2. Slice strawberries in half
3. Assemble skewers with different pieces of fruit, each skewer should have at least one of each fruit, but otherwise amounts can be mixed and matched to make them unique