

Vegetable Frittata

Meat Alternate-Vegetable

Main Dishes

D-01

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs	1 lb 13 oz	3 ⅓ cups 2 Tbsp	3 lb 10 oz	1 qt 3 cups	1. Combine eggs, milk, salt, pepper, potatoes, vegetables, and cheese in a mixing bowl. Mix using paddle attachment on low speed for 2 minutes.
		OR 17 each		OR 33 each	
Lowfat 1% milk		2 cups		1 qt	
Salt		1 tsp		2 tsp	
Ground black or white pepper		½ tsp		1 tsp	
*Fresh potatoes, peeled, grated	1 lb 3 oz	2 ½ cups	2 lb 6 oz	1 qt 1 cup	
Frozen mixed vegetables, thawed	2 lb	1 qt ½ cup	4 lb	2 qt 1 cup	
Reduced fat Cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups	
Vegetable oil		1 Tbsp		2 Tbsp	2. Oil each pan (9" x 13" x 2") with 1 ½ tsp oil. For 24 servings, use 2 pans. For 48 servings, use 4 pans
Reduced fat Cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups	3. Into each pan (9" x 13" x 2"), which has been oiled, pour 3 lb 8 oz (1 qt 2 ½ cups) of egg mixture.
					4. Bake until a knife inserted in the center will come out clean. Conventional oven: 375° F for 30 minutes Convection oven: 350° F for 25 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
					5. Sprinkle 2 oz (½ cup) of cheese over each pan. Bake until cheese is melted, about 5 minutes.
					6. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
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Potatoes	1 lb 8 oz	3 lb
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SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat and ¼ cup of vegetable.

YIELD:

24 Servings: 6 lb 5 oz
48 Servings: 12 lb 10 oz

VOLUME:

24 Servings: 2 pans
48 Servings: 4 pans

Tested 2004

Nutrients Per Serving

Calories	131	Saturated Fat	2.39 g	Iron	0.90 mg
Protein	8.95 g	Cholesterol	152 mg	Calcium	139 mg
Carbohydrate	10.64 g	Vitamin A	1945 IU	Sodium	233 mg
Total Fat	6.02 g	Vitamin C	2.9 mg	Dietary Fiber	2.0 g