



Vegetable Frittata Bites

Vegetable frittata showcases all the main ingredients! Eggs, mushrooms, onions, bell pepper, spinach, and cheese, all in one delicious bite.

Preparation Time: 20 minutes

Cook Time: 30 minutes

CACFP Crediting Information:

One frittata bite provides $\frac{1}{8}$ cup vegetable ($\frac{1}{8}$ cup other vegetable), and 2 oz eq meat/meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Mushrooms, white, fresh, coarsely chopped	6 oz	2 cups	12 oz	1 qt $\frac{1}{2}$ cup	1 Preheat oven to: Conventional oven: 350 °F Convection oven: 325 °F
*Onions, yellow, fresh, small diced	6 oz	1 cup	12 oz	2 cups	
*Pepper, bell, red, fresh, small diced	6 oz	1 cup	12 oz	2 cups	2 Heat a tilt skillet or steam jacketed kettle to medium-high and add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Sauté uncovered for 2 minutes.
Salt		2 tsp		1 Tbsp 1 tsp	
Pepper, black, ground		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Spinach, fresh, coarsely chopped	6 oz	2 cups	12 oz	1 qt	3 Add spinach to skillet. Cook over medium heat for 1-2 minutes until wilted.
Cheese, cheddar, low-fat, shredded	6 oz	1 ½ cup	12 oz	3 cups	4 Transfer vegetable mixture to a 2-inch full-size steamtable pan (12" x 20" x 2 ½"). For 25 servings, use 1 pans. For 50 servings, use 2 pans. Refrigerate for 30 minutes to cool the vegetables. After cooled, sprinkle 1 ½ cups (about 6 oz) cheese over each pan of vegetables and stir to combine.
Milk, skim		1 cup		2 cups	5 Lightly coat muffin pan (20 ½" x 14") with pan release spray. Using a No. 24 scoop, portion 3 Tbsp (about 2 oz) vegetable mixture into each muffin cup. Set aside for step 7. For 25 servings, use 2 pans. For 50 servings, use 3 pans.
Eggs, whole, frozen, thawed	2 ½ lbs	1 qt 1 cup	5 lbs	2 qt 2 cups	6 Using a No. 16 scoop, portion ¼ cup (about 2 oz) egg mixture on top of vegetable mixture in each muffin cup.
Flour, all purpose	3 oz	¾ cup	6 oz	1 ½ cup	7 Bake until golden brown and eggs are slightly firm: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes. Critical Control Point: Heat to 155 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.
					8 Serve 1 frittata bite.

NUTRITION INFORMATION

For 1 frittata bite

NUTRIENTS	AMOUNT
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Calories	104
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Total Fat	4 g
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Saturated Fat	1 g
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Cholesterol	131 g
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Sodium	323 mg
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Total Carbohydrate	9 g
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Dietary Fiber	1 g
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Total Sugars	5 g
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Added Sugars	N/A
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Protein	9 g
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Vitamin A	1916 IU
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Vitamin C	13 mg
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Calcium	42 mg
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Iron	1 mg
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N/A=no information available

Source:

USDA Standardized Recipes Project - 2024

*MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh mushrooms	6 oz	12 oz
Fresh onions	13 oz	1 lb 10 oz
Fresh bell peppers	13 oz	1 lb 10 oz
Fresh spinach	8 oz	1 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

YIELD/VOLUME

25 Servings	50 Servings
About 25 frittata bites	About 50 frittata bites
About 2 muffin pans (20 ½ x 14”).	About 3 muffin pans (20 ½ x 14”).