



Vegetable Frittata

USDA Recipe for Schools

Individual egg casseroles with mushrooms and fresh bell peppers are baked in muffin tins.

NSLP/SBP CREDITING INFORMATION

One frittata muffin provides $\frac{1}{8}$ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh mushrooms, coarsely chopped	12 oz	1 qt $\frac{1}{2}$ cup	1 lb 8 oz	2 qt 1 cup	1 In a large stock pot, add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Saute uncovered over medium–high heat for 2 minutes.
*Fresh onions, diced	12 oz	2 $\frac{1}{4}$ cups 1 Tbsp	1 lb 8 oz	1 qt $\frac{1}{2}$ cup 2 Tbsp	
*Fresh red bell peppers, diced	1 lb 4 oz	3 $\frac{3}{4}$ cups	2 lb 8 oz	1 qt 3 $\frac{1}{2}$ cups	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
*Fresh spinach, coarsely chopped	12 oz	1 qt $\frac{2}{3}$ cup 3 Tbsp 1 tsp	1 lb 8 oz	2 qt 1 $\frac{3}{4}$ cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>3 Pour 2 qt 2 cups (about 2 lb 1½ oz) vegetable mixture into a steam table pan (12" x 20" x 2½").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>4 Cover and refrigerate at 40 °F for 30 minutes.</p>
Low-fat cheddar cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	<p>5 After cooled, sprinkle 1½ cups (about 6 oz) cheese over each pan. Stir well.</p>
					<p>6 Heavily coat a muffin pan (20½" x 14") with pan release spray. Using a No. 30 scoop, portion 2 Tbsp (about 1 oz) vegetable mixture into each muffin cup (24 cups per pan). Set aside for step 8.</p> <p>For 50 servings, use 3 muffin pans. For 100 servings, use 5 muffin pans.</p>
Skim milk		2 cups		1 qt	<p>7 Combine milk, eggs, and flour in a large bowl. Stir well. Set aside for step 8.</p>
Egg whites	4 lb	2 qt	8 lb	1 gal	
Whole wheat flour	14 oz	3 cups 2 Tbsp	1 lb 12 oz	1 qt 2¼ cups	<p>8 Using a rounded No. 16 scoop, portion ¼ cup 1 Tbsp (about 1⅔ oz) egg mixture on top of vegetable mixture in each muffin cup.</p>
					<p>9 Bake until golden brown and eggs are slightly firm: Conventional oven: 350 °F for 30 minutes. Convection oven: 350 °F for 20 minutes.</p>
					<p>10 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>11 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p>12 Serve 1 frittata muffin.</p>



NUTRITION INFORMATION

For 1 frittata muffin.

NUTRIENTS	AMOUNT
Calories	77
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	303 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	6 IU
Calcium	84 mg
Iron	0 mg
Potassium	122 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz
Mushrooms	12 oz	1 lb 8 oz
Red bell peppers	1 lb 10 oz	3 lb 4 oz
Spinach	12 oz	1 lb 8 oz

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.

YIELD/VOLUME

50 Servings	100 Servings
About 7 lb 4 oz	About 14 lb 8 oz
About 3 qt 2½ cups/50 frittata muffins	About 1 gal 3 qt 1 cup/100 frittata muffins

