



Easy Cheesy Breakfast Bake

Vegetable centered breakfast casserole with just enough meat to add a smoky, savory flavor.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Iowa Department of Education

Preparation Time: 1 hour

Cook Time: 1 hour

NSLP/SBP crediting information:

$\frac{3}{4}$ cup provides $\frac{1}{8}$ cup additional vegetable, $\frac{1}{2}$ cup starchy vegetable, $\frac{1}{8}$ cup other vegetable, and 2 oz equivalent meats/meat alternates.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey bacon, low sodium	1 lb		2 lb		<ol style="list-style-type: none"> 1. Chop the bacon into 1" squares. 2. Brown the Italian sausage and the bacon together in a skillet or tilt skillet. Critical Control Point: Cook bacon and sausage to a minimum of 155 °F or higher for at least 15 seconds. 3. Drain grease and return the meat to the pan. 4. Add the onion, garlic, and red and green bell pepper to the meat and cook for 4-5 minutes.
Italian sausage (turkey or chicken), low sodium	2 lb		4 lb		
*Onion, small diced	2 lb 8 oz	1 qt 2 cups	5 lb	3 qt	
Garlic, minced	1 oz	$\frac{1}{4}$ cup	2 oz	$\frac{1}{2}$ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Red bell pepper, small diced	1 lb 6 ½ oz	1 qt 1 cup	2 lb 13 oz	2 qt 2 cups	
*Green bell pepper, small diced	1 lb 6 ½ oz	1 qt 1 cup	2 lb 13 oz	2 qt 2 cups	Critical Control Point: Hold at 135 °F until service.
Egg (frozen or fresh)	3 lb 8 oz	2 qt 1 ½ cups (33 each)	7 lb	1 gal (66 each)	5. Mix eggs, milk, and pepper together in a bowl.
Milk, nonfat	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups	
Pepper		1 ¼ tsp		2 ½ tsp	
*Potatoes, medium diced	10 lb	2 gal	20 lb	4 gal	6. Place diced potatoes and cheese in a large mixing bowl.
Cheddar cheese, reduced fat, shredded	10 oz	2 ⅛ cups	1 lb 4 oz	1 qt ¼ cup	7. Add the meat and vegetable mixture and the egg mixture to the potato and cheese mixture. 8. Stir to combine evenly. 9. Pour the mixture into two, 2" deep full size (12" x 20" x 2") hotel pans that have been sprayed with pan spray. 10. Cover with aluminum foil and bake for 40-45 minutes at 350 °F.
Cheddar cheese, reduced fat, shredded	5 oz	1 cup	10 oz	2 cups	11. Remove foil and sprinkle with remaining cheese.
Paprika		1 tsp		2 tsp	12. Sprinkle with paprika. 13. Return the casserole to the oven, uncovered, and bake for 10-15 minutes to brown the cheese. Critical Control Point: Hold the casserole for hot service at 135 °F or higher. 14. Cut each pan into 5 x 5 portions to yield 25 servings for each pan.

**EASY CHEESY BREAKFAST BAKE
NUTRITION INFORMATION**

For ¾ cup

NUTRIENTS	AMOUNT
Calories	196
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Total Fat	7 g
Saturated Fat	2 g
Cholesterol	116 mg
Sodium	293 mg
Total Carbohydrate	21 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	15 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	60 mg
Iron	4 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Red bell pepper	1 lb 12 oz	3 lb 8 oz
Potatoes, fresh	12.4 lb	24.7 lb
Onion, mature, fresh	2.8 lb	5.7 lb
Green bell pepper	1 lb 12 oz	3 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 5 gal 2 qt	About 11 gal
About 43 lb 7 ½ oz	About 85 lb 14.4 oz

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

