



## Make it Fresh with Cooking Counts Lesson Plans for: *Easy Cheesy Breakfast Bake*

### **Course Description:**

This hands-on training will introduce you to the *Easy Cheesy Breakfast Bake* recipe and help you better understand the process of making it while following the standardized recipe.

Estimated class time: 3 hours

### **Local Ingredients:**

This recipe features the following local ingredient(s): sausage, turkey, onion, garlic, bell pepper, eggs, milk and potatoes.

Choose Iowa Food of the month resources may be found [here](#).

### **Preparation:**

#### **Equipment Needed:**

Mixing bowls  
Wisk  
Hotel pan  
Cutting board  
Knives

#### **Grocery List:**

Italian sausage  
Turkey bacon  
Onion  
Garlic  
Red bell pepper  
Green bell pepper  
Eggs  
Milk  
Pepper  
Potatoes  
Cheddar cheese  
Paprika

### **Opening Remarks:**

Today's lesson is Easy Cheesy Breakfast Bake. This vegetable centered breakfast casserole has just enough meat to add a smokey, savory flavor. This recipe can add some variety to our usual breakfast lineup or would be a great "breakfast for lunch" option.

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### **Understand the Ingredients and Methods:**

Eggs are an important ingredient. They add tenderness, moistness and leavening. They can act as a binder or be the featured ingredient of a dish.

The most important rule of egg cookery is simple. Avoid high temperatures and long cooking times. In other words, do not overcook. Overcooking produces tough eggs, causes discoloration and affects flavor.

The familiar green ring you often see in hard-cooked eggs is caused by cooking at high temperatures or cooking too long. The same green color appears in scrambled eggs that are overcooked or held too long in the steam table.

The recipe we are making today uses the eggs to add moisture for steaming and binds all of the other ingredients together.

### **Show video:**

[Easy Cheesy Breakfast Bake](#)

### **Lab:**

Remember your mise en place!

Prepare recipe

(This can be done in teams, individually or as a demonstration)

### **Discussion and Evaluation:**

1. Did you achieve the yield identified in the recipe? Why or why not?
2. Review the appearance of the finished product. Does it look appetizing? Does appearance indicate freshness? Overcooking?
3. Texture – Is the product easy to cut and chew? Is it too soft for the ideal product?
4. Flavor – Evaluate the flavor. Does the natural flavor of the ingredients come through? Is the seasoning adequate?
5. What potential challenges and solutions do you see when making this recipe for a large number of students?
6. When customizing this recipe for your operation what modifications need to be made to the standardized recipe to make it work in your facility with your staff and your equipment?

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