

MONTEREY EGG BAKE

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	14 g	19 g	6 g	5 mg	473 mg	166 mg

Ingredient

COOKING SPRAY, NONSTICK
 POTATOES, WHITE, FROZEN, SHREDDED, HASHBROWN
 TOMATOES, CANNED, DICED, DRAINED
 CHEESE, CHEDDAR, LOWFAT, SHREDDED
 CHEESE, MONTEREY JACK, REDUCED FAT, SHREDDED
 PEPPERS, GREEN, FRESH, CHOPPED
 CORN, FROZEN, WHOLE KERNEL
 PEPPERS, CHILI, GREEN, CANNED, CHOPPED, DRAINED
 ONIONS, GREEN, FRESH, SLICED
 SALT
 PEPPER, WHITE, GROUND
 EGG SUBSTITUTE, PASTEURIZED
 WATER
 MILK, NONFAT, DRY

Weight

2 oz
 9-1/2 lbs
 4-1/8 lbs
 2-1/4 lbs
 2-1/4 lbs
 2 lbs
 2 lbs
 12-1/4 oz
 1-1/8 lbs
 1 oz
 3/8 oz
 22-1/8 lbs
 3 lbs
 3 oz

Measure

1/4 cup 1/3 tbsp
 1 gal 1-1/8 qts
 1 qts 3-1/2 cup
 2 qts 1 cup
 2 qts 1 cup
 1 qts 2 cup
 1 qts 1-1/2 cup
 2-1/2 cup
 1 qts 1-3/8 cup
 1 tbsp
 1 tbsp
 2 gal 2 qts
 1 qts 1-3/4 cup
 1-1/4 cup

Issue

2-3/8 lbs
 1-1/3 lbs

Method

- 1 Lightly spray each steam table pan with non-stick cooking spray.
- 2 Combine potatoes, tomatoes, cheddar cheese, monterey jack cheese, green pepper, corn, green chilies, green onions, salt, and pepper; mix well.
- 3 Place 2-1/4 quarts of potato mixture into each steam table pan.
- 4 Combine egg substitute, water and nonfat dry milk; blend until mixed.
- 5 Pour 1-3/4 quarts of egg mixture into each steam table pan; stir to combine.
- 6 Using a convection oven, bake at 325 F. for 55 to 65 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.