



SOUTHWEST FRITTATA

Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Quick Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	20 minutes
Cook Time:	30 minutes
Total Time:	50 minutes
K-12 Portion Size:	1 (6x8) piece

Meal Pattern Contribution:

1.25 oz eq m/ma

INGREDIENTS	48 Servings		96 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Corn, frozen		1 cup		2 cups	<p>1. Day before service, thaw corn and eggs overnight in the refrigerator.</p> <p>CCP: Hold at 41° F or below.</p> <p>2. Preheat convection oven to 350° F. Line full size 2" deep full size steamtable pans with pan liners and pan release. Fold pan liner in half to fit pan (it will not cover the entire bottom). Use 1 pan for 48 servings and 2 pans for 96 servings.</p> <p>3. Drain and rinse black beans in a colander. Shake to remove excess water.</p> <p>4. In a large bowl or container, combine diced bell pepper with black beans and corn. Set aside.</p> <p>5. In another large bowl or container, whisk yogurt and taco seasoning. Then add eggs, and whisk again to combine.</p> <p>6. Place black bean mixture (3 1/3 cups/pan) in each prepared pan. Pour egg mixture (1 qt 2 cups/pan) over top. Gently stir. Bake for 20-25 minutes or until center is set.</p> <p>CCP: Hold and serve at 41° F or below.</p> <p>7. While frittata is baking, combine cheeses. Once frittata center is set, remove from oven and sprinkle each pan with 12 oz cheese. Return to oven and bake until cheese is melted, ~ 5 minutes.</p> <p>CCP: No bare hand contact with ready to eat food.</p> <p>8. Cut each pan into 48 pieces, 6x8. Serve one piece to each customer.</p> <p>CCP: Hold and serve at 135° F or higher.</p>
Eggs, frozen, liquid	3 lb		6 lb		
Beans, black, canned, low-sodium		1 3/4 cup		3 1/2 cups	
Bell pepper, green, 1/2" diced		1/2 cup		1 cup	
Yogurt, Greek, plain, non-fat		2/3 cup		1 1/3 cup	
Taco seasoning, low-sodium		1 Tbsp + 2 tsp		3 Tbsp + 1 tsp	
Cheese, cheddar, low-fat, shredded	6 oz		12 oz		
Cheese, mozzarella, low-fat, shredded	6 oz		12 oz		

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NUTRITION INFORMATION

Serving Size 1 (6x8) piece

NUTRIENTS AMOUNT

Calories 70

Total Fat 4.5 g

Saturated Fat 2 g

Cholesterol 125 mg

Sodium 120 mg

Total Carbohydrate 3 g

Dietary Fiber <1 g

Total Sugars <1 g

Added Sugars 0 g

Protein 6 g

Vitamin D 0 mcg

Calcium 4 mg

Iron 0 mg

Potassium 11 mg

N/A=data not available.

ALLERGENS: Eggs, Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	48 Servings	96 Servings
Peppers, bell, fresh	4 oz	7 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

YIELD/VOLUME

48 Servings	96 Servings
Volume bean mixture: 3 1/3 c	Volume bean mixture: 6 2/3 c
Volume egg mixture: 1 qt + 2 c	Volume egg mixture: 3 qt

