

DENVER OMELET BRUNCH BOWL



		112 Servings		
Ingredients	Weight	Measure	Directions	
Russet potato wedges, frozen	20 pounds		<p>Preheat oven to 375°F. Place frozen potato wedges on parchment-lined sheet pans in a single layer making sure not to crowd the pieces. Bake in the preheated oven 10–15 minutes, or until the potatoes are browned and tender. Internal temperature should reach at least 135°F. Remove from oven and hold at or above 135°F until service.</p> <p>Combine the bell peppers, onions, vegetable oil, black pepper and salt. Mix until the vegetables are evenly coated with oil. Place vegetables in a single layer on parchment-lined sheet pans. Bake in the preheated oven for 5 minutes, or until the vegetables begin to soften. Remove from oven and hold at or above 135°F until service.</p> <p>Combine the eggs and milk and mix thoroughly. Coat 4 2-inch full-size steamtable pans with pan-release spray. Divide the egg mixture evenly between the pans. Add the diced ham to the pans, dividing evenly between each pan.</p> <p>Bake in a preheated 350°F oven for about 15 minutes, stirring eggs once after about 10 minutes. Eggs should reach an internal temperature of 145°F for 3 minutes. Remove from oven and sprinkle the shredded cheese over the top, dividing evenly between each pan. Hold at or above 135°F until service.</p> <p>To serve, place 1/2 cup potato wedges into a portion container. Using number 16 scoops, add 1/4 cup of the pepper and onion mixture and 1/3 cup of the scrambled eggs with ham and cheese. Serve with 1 tablespoon of salsa.</p>	
Red bell peppers, raw, 3/4-inch dice	5 pounds 8 ounces			
Green bell peppers, raw, 3/4 inch dice	5 pounds 8 ounces			
Onion, yellow, raw, 3/4 inch dice	5 pounds 8 ounces			
Vegetable oil		1/4 cup		
Black pepper, ground		2 teaspoons		
Salt		1 teaspoon		
Eggs, liquid, scrambled	6 pounds 4 ounces			
Ham, diced		1 quart		
Milk, lowfat 1%	4 pounds 6 ounces			
Cheddar cheese, reduced fat, shredded	4 pounds 6 ounces			
Salsa, prepared		7 cups		

Serving Size		1 Serving Provides			
1 bowl		1/2 cup starchy vegetable, 1/4 cup other vegetable, 2 ounce equivalent meat, meat alternate			
Nutrients Per Serving					
Calories	224	Saturated Fat	3 g	Iron	1.5 g
Protein	12 g	Cholesterol	90 mg	Calcium	153 mg
Carbohydrate	28 g	Vitamin A	1057 IU	Sodium	321 mg
Total Fat	8 g	Vitamin C	58 mg	Dietary Fiber	3 g