

Idaho Potato and Egg with Toast

Number of Portions: 100

Portion Size: Grades K-12: 1 portion & 1 slice toast

INGREDIENTS:

K-12
Quantities:

Hashed Brown Potatoes, frozen		6 1/8 lbs.
Green Peppers, diced, frozen		3 1/2 lbs.
Onions, diced, frozen		4 1/4 lbs.
Eggs, frozen 		10 1/2 cups
Yogurt, plain, fat-free		8 cups
1% Milk		4 cups
Garlic Powder		1/2 cup
Mustard, dry		1/4 cup
Cayenne Pepper, ground		1/8 tsp.
Worcestershire Sauce		1/4 cup
Cheddar Cheese		3 1/8 lbs.
Mozzarella Cheese 		3 1/8 lbs.
Salsa, low-sodium 		12 1/2 cups
Toast, whole grain-rich		100 slices (28g)

 = Available through USDA Foods

DIRECTIONS:

Preheat convection oven to 325 ° F.

PREPARE INGREDIENTS:

Thaw hash browns, green peppers, and onions; drain any liquid. Shred cheese. Prepare toast in toaster or oven.

ROAST VEGETABLES:

Divide vegetables into 25 servings and place each portion into a deep steam table pan (4 pans total); generously spray vegetables with cooking spray. Roast vegetables in the oven for 7-10 minutes. Remove vegetables from the oven, toss, and roast for 7-10 more minutes if needed. Let cool for 10 minutes.

PREPARE EGG MIXTURE AND PARTIALLY BAKE:

In a mixer, using the whisk attachment, combine eggs, yogurt, milk, garlic powder, dry mustard, cayenne, and Worcestershire sauce. Divide egg

mixture evenly into four portions. For each pan of roasted vegetables, pour one portion of egg mixture over the roasted vegetables and gently combine all ingredients. Cover with foil and bake for 30 minutes.

PREPARE CHEESE MIXTURE:

Toss cheddar and mozzarella cheeses together. Divide cheese evenly into four portions.

COOK AND SERVE IDAHO POTATO AND EGGS WITH TOAST:

Remove from the oven and top each pan of Idaho Potato and Eggs with a portion of the cheese. Bake uncovered for 10-15 more minutes. Remove from the oven and let sit for 5 minutes before cutting. Cut each pan into 25 servings (5x5 portions). Serve hot with warm toast and 2 tablespoons of salsa on the side of each serving.

Estimated
Food Cost:

30¢



CALORIES
309

SATURATED FAT
6.11g

SODIUM
404.07mg

Chef Brenda's Tips

-  Vegetables can be sautéed in a tilt skillet rather than roasted. Whichever method you choose, it is important that they be roasted or sautéed for added flavor.
-  The starchy vegetable (hash browns) in this recipe can only be counted as a fruit/vegetable if there is a total of at least 2 cups of a non-starchy vegetable subgroup (dark green, red/orange, bean/peas, or other) in the week's menu. Offering tomato juice (red/orange vegetable) is an easy option.
-  Consider adding other vegetables and/or additional no-sodium seasonings to change the flavor profile. Just remember to standardize the recipe to reflect any changes you make.

GRADES K-12	
Grains Contribution	3 oz eq
<i>Grains Total</i>	1.0 oz eq
WGR Toast	1.0 oz eq
<i>Meats/MA Total</i>	2.0 oz eq
Eggs	1.0 oz eq
Cheddar Cheese	0.5 oz eq
Mozzarella Cheese	0.5 oz eq
Fruits/Vegetable Contribution	3/8 cup
<i>Vegetable Total</i>	0.375 cup
Hashed Brown Potatoes*	0.125 cup
Green Peppers	0.0625 cup
Onions	0.0625 cup
Salsa	0.125 cup

RECIPE CONTRIBUTIONS:



*This is a starchy vegetable. In order to credit as a vegetable, 2 cups of non-starchy vegetables must be served in the same week.