

Sheet Pan Denver Omelet

Description: This classic omelet flavor uses savory turkey ham, peppers, onions, and cheddar. It is as delicious as it is versatile. Serve as a protein rich entrée or pair with a biscuit or English muffin and build a breakfast sandwich.

Category: Entree

Servings:

Serving size: 1 each

Total preparation time: 60 minutes (45 min. prep + 15 min. cook)

Ingredients	50 Servings	25 Servings
Onion, white, small diced	1 cup	½ cup
Bell pepper, red, diced	1 cup	½ cup
Turkey Ham, diced	½ cup 2 tablespoons	1/3 cup
Oil, canola	3 tablespoons 1 teaspoons	1 tablespoon 2 teaspoons
Eggs, liquid	6 pounds 4 ounces	3 pounds 2 ounces
Milk, low fat	1 cup	½ cup
Salt, kosher	1 ¼ teaspoon	¾ teaspoon
Black pepper, ground	1 ¼ teaspoon	½ teaspoon
Cheese, Cheddar, shredded	½ cup 2 tablespoons	1/3 cup
Non-stick spray	As needed	As needed

Instructions:

1. Preheat oven on 350°F with the fan on low.
2. Toss onions, peppers, and turkey ham with oil.
3. Spread in even layer on 2 lined, sprayed ½ sheet pans.
4. Place in oven for 5-10 minutes until vegetables have softened and ham starts to crisp.
*This step could be done ahead of time, chilled, and ready to use in the morning.
5. Whisk eggs, milk, salt and pepper together until well combined.
6. Pour egg mixture carefully into lined and sprayed ½ sheet pan.
7. Add the onion/pepper/ham mixture. For 50 servings: Split mixture between TWO ½ sheet pans. For 10 servings: use one 2-inch half hotel pan.
8. Sprinkle with cheese.
9. Carefully place in oven for 12-14 minutes and eggs reach 165°F. May need to rotate pan halfway through cooking.
10. Take out of oven and hot hold at 135 until needed for service.
11. Cut each ½ sheet pan into 25 servings - 5x5.
12. Use a flat spatula to serve.

CCP: Hold for hot service at 135°F or higher.

HACCP Process: Cooking Process #2: Same Day Service

Tips:

Market Guide:

Nutrition Facts:

Calories 290	Protein (g) 10	Calcium (mg) 120
Cholesterol (mg) 5	Sodium (mg) 610	Vitamin C (mg) 0.51
Dietary Fiber (g) 0	Iron (mg) 2.7	Vitamin A-RAE (mcg)
Vitamin D (mcg) 0.9	Total Carbohydrate (g) 26	50.15
Total Fat (g) 16	Added Sugars (g) 0	
Saturated Fat (g) 7	Potassium (mg) 240	

Allergens: Eggs, Milk

Meal Pattern Contribution: 1.25 oz. m/ma

Recipe source: The Culinary Institute of America, Cooking.for.Healthy.Kids