

Recipe Name: Apple and Sausage Strata

Recipe Category: Breakfast Entree

Portion Size: 3/4 cup

Ingredients: Yields: 8 servings

Ingredients	Notes:
3 cups Egg Substitute	
1 cup shredded reduced fat Swiss Cheese or cheddar cheese	
1 can (12 oz.) fat free milk	
1 teaspoon ground mustard	
4 cups cubed bread	
1 lb. lean ground turkey sausage	
2 cups Granny Smith apple unpeeled	Wash, core and chop
1/2 teaspoon salt	
1/4 teaspoon ground black pepper	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 325°F. Spray baking dish with cooking spray; set aside	
2	In a sauce pan, cook ground turkey until browned	
3	Combine Egg Substitute, milk, mustard and salt in large bowl. Add bread, sausage, 3/4 cup cheese, and apple to bowl; toss to coat	
4	Place bread mixture in prepared dish; press down lightly	
5	Bake uncovered 50 to 55 minutes or until knife inserted near center comes out clean	Cook until internal end temperature is 160 °degrees F.
6	Top with remaining 3/4 cup cheese; bake 5 minutes more or until cheese melts	
7	Let stand 10 minutes before serving	
8	Cut into 8 squares to serve.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 135° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat product only once, discard if not used.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to mixing. Moisten with broth as needed. Peel apple.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size prior to mixing. Moisten with broth as needed. Peel apple.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed. Peel apple.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Peel apple.

Therapeutic Modified Diets:

Low-fat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: omit mustard and pepper, Peel apple

Liberal House Renal: Omit salt, turkey sausage and cheese

No Added Salt: Omit turkey sausage

2 Gram Sodium: omit salt, turkey sausage and cheese

Gluten Free: Use gluten free bread and gluten free turkey sausage. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present .Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

Key: SF= Salt Free D= Diet or Sugar Free LF = Low-fat FF = Fat Free GF = Gluten Free

Recipe Name: Breakfast Biscuits**Recipe Category:** Breakfast Entree**Portion Size:** 1 Breakfast Biscuit**Ingredients:** Yields: 8 servings

Ingredients	Notes:
1 (10 ounce) can refrigerated buttermilk large biscuit dough	
1 pound bacon	May use turkey bacon
5 eggs	
1/4 cup nonfat milk	
8 slices lowfat Cheddar cheese	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Preheat oven to 400 degrees F (200 degrees C)	
2	Place biscuits 2 inches apart on an un greased cookie sheet	
3	Bake in preheated oven for 8 to 11 minutes or until golden brown	
4	Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain and set aside.	
5	In a large bowl, beat together eggs and milk.	
6	Heat a lightly oiled skillet over medium heat.	
7	Cook Scramble eggs until no longer runny.	Cook until internal end temperature is 160 °degrees F.
8	Cut open biscuits, and layer with eggs, bacon, and cheese.	

Time Temperature Sensitive food. . . Food safety Standards: hold food for service at an internal temperature above 135° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat product only once, discard if not used. Store in refrigerator up to 72 hours.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size after cooking. Moisten with milk as needed after cutting. Omit bacon.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size after cooking. Moisten with milk as needed after chopping. Omit bacon.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with milk as needed after processing. Omit bacon.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add milk or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Omit bacon.

Therapeutic Modified Diets:

Low-fat: Use egg substitute, omit bacon and serve on toast not a biscuit

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: omit bacon, use egg substitute and serve on toast

Liberal House Renal: Omit bacon and cheese. Serve on toast instead of biscuit.

No Added Salt: Omit bacon

2 Gram Sodium: omit salt and cheese. Serve on toast.

Gluten Free: Serve on gluten free biscuits.(see recipe in cookbook) Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

Key: SF= Salt Free D= Diet or Sugar Free LF = Low-fat FF = Fat Free GF = Gluten Free