

Recipe Name: Cheese Sausage Quiche**Recipe Category:** Sausage**Portion Size:** 1 slice (1/8 of pie or 3/4 cup)**Ingredients:** Yields: 8 servings

Ingredients	Notes:
1 pastry shell (8 inch)	unbaked
2 pounds lean pork or turkey sausage	
1 green pepper	Washed, trimmed and chopped
2 cups low fat cheddar cheese	shredded
3 eggs	
2 Tablespoon all-purpose flour	
1 Tablespoon parsley flakes	
1/2 teaspoon salt	
1/4 teaspoon garlic salt	
1/4 teaspoon black pepper	
2 cups fat free evaporated milk	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 425 degrees.	
2	Prepare pastry shell. Bake 7 minutes; remove from oven. Reduce heat to 350 degrees.	
3	In a medium skillet, brown sausage. Reserve 2 tablespoons fat; drain off remaining fat.	
4	Saute onion and green pepper in reserved fat until crisp tender, about 2 minutes. Stir in drained sausage.	
5	Spoon into partially baked shell; sprinkle with cheese.	
6	In a medium sized bowl, beat eggs until well blended.	
7	Add remaining ingredients; mix well. Pour over cheese.	
8	Bake at 350 degrees for 30-35 minutes. Cool for 5 to 10 minutes; cut into wedges to serve.	Bake until knife inserted comes out clean. Cook until internal temperature reaches 165 F.

Time Temperature Sensitive food. Food safety Standards: hold food for service at an Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw meat.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size prior to mixing. Moisten with milk as needed.

Chopped: **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with milk as needed.

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 milk as needed.

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 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. Serve 3/4 c. serving.

Therapeutic Modified Diets:

Lowfat: Omit pie crust.

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

Bland/Anti Reflux: Omit pie crust, parsley, green pepper, garlic, and black pepper.

Liberal House Renal: Use alternate menu item.

No Added Salt: No changes needed

2 Gram Sodium: Use alternate menu item

Gluten Free: Use gluten free all-purpose flour and GF pie crust or omit. 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 Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free