

Recipe Name: Apple and Sausage Strata

Recipe Category: Breakfast Entree

Portion Size: 3/4 cup

Ingredients: Yields: 48 servings

Ingredients	Notes:
12 lbs. Egg Substitute	(May use frozen, thawed)
2 lbs. shredded reduced fat Swiss Cheese or cheddar cheese	
1 gallon fat free milk	
1 tablespoon ground mustard	
2 lbs. cubed bread	
4 lbs. lean ground turkey sausage	
1 ½ quarts Granny Smith apple unpeeled	Wash, core and chop
2 teaspoons salt	
1 teaspoon ground black pepper	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Preheat oven to 325°F. Spray 2 (12x20x2-inch) 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, 1 lb. cheese, and apple to bowl; toss to coat. Place bread mixture in prepared dish; press down lightly.	
4	Bake uncovered 50 to 55 minutes or until knife inserted near center comes out clean	Cook until internal end temperature is 160 °degrees F.
5	Top with remaining 1 lb. cheese; bake 5 minutes more or until cheese melts Let stand 10 minutes before serving. Cut into 24 pieces to serve per pan.	

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 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. 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. Use SF bread.

No Added Salt: Omit turkey sausage.

2 Gram Sodium: omit salt, turkey sausage and cheese. Use SF bread.

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