

Recipe Name: Asparagus and Mushroom Frittata

Recipe Category: Breakfast Entree

Portion Size: ½ cup

Ingredients: Yields: 48 servings

Ingredients	Notes:
3 cups onion, minced	Washed, trimmed, peeled and minced
1 quart fresh mushrooms	Washed, trimmed and diced
1 quart asparagus	Washed, trimmed and sliced thin
1 quart nonfat milk	
3 pound shredded low fat mozzarella cheese	
2 teaspoons ground thyme	
1 cup grated parmesan cheese	
60 Eggs, may use frozen, thawed.	May use egg substitute
Salt and pepper to taste	
¼ cup canola or olive oil	Or Olive oil

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Heat oil in a large skillet. Sauté mushrooms and onions. Stir in asparagus and cook until tender crisp.	
2	Break eggs and milk into large bowl and beat. Stir in onions, thyme, and mushrooms.	
3	Pour 2 oz. oil into six 13-inch round pizza pans.	
4	Divide mixture into pans. Distribute evenly. Scatter Mozzarella cheese and parmesan cheese on top.	
5	Bake at 350 F degrees oven for approximately 20 minutes or until eggs are set and top has some brown speckling beginning to occur.	Cook until internal end temperature is 160 ° degrees F.
6	Let cool 5 minutes and serve immediately. Season with salt and pepper. Cut frittata into wedges and 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. 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 prior to mixing. Moisten with milk as needed.

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 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.

Therapeutic Modified Diets:

Low-fat: Use egg substitute.

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

Bland/Anti Reflux: Omit onions, pepper and thyme. Use egg substitute.

Liberal House Renal: Omit salt.

No Added Salt: no changes.

2 Gram Sodium: Omit salt.

Gluten Free: Use gluten free egg substitute. 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