

Frittata with Swiss Chard

Component: Meat/Meat Alternate

Recipe Category Main Dish

Recipe New School Cuisine p 178, modified

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Swiss chard (or Spinach)	1 lb				<p>1. Preheat convection oven to 325°F or conventional oven to 350°F. For 48 servings, coat bottom and sides of two 2-inch full hotel pans with cooking spray. For 72 servings, coat bottom and sides of three 2-inch full hotel pans with cooking spray.</p> <p>2. Rinse chard but do not dry. Trim tough stem ends and discard. Chop leaves and stems into ¼ inch pieces. Set aside.</p> <p>3. Heat oil in a 16-inch skillet over low heat. Add the onions. Cook, stirring occasionally, until the onions are translucent, 8 to 10 minutes.</p> <p>4. Stir in the chard. Cook, stirring occasionally, until the chard begins to wilt, 8 to 10 minutes. Remove from the heat and set aside.</p> <p>5. Whisk eggs in a large bowl. Add garlic and salt. Whisk until well combined. Set aside 2 Tbsp cheese per full hotel pan. Stir remaining cheese into egg mixture.</p> <p>6. Divide the egg mixture evenly between the prepared pans. Evenly distribute the chard on top of the egg mixture in each pan. Sprinkle each pan with 2 Tbsp cheese.</p> <p>8. Bake until the top is beginning to brown and internal temperature reaches 155 °F or higher for at least 15 seconds, about 20 to 25 minutes. Cut each pan into 24 squares. Critical Control Point: Hold at 135 °F or higher.</p>
Canola oil or vegetable oil		¼ cup			
Chopped onions		2 cups			
Eggs		50 large			
Granulated garlic		3 tsp			
Salt		1 ½ tsp			
Shredded reduced-fat Cheddar cheese		2 ¼ cups, divided			

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Notes:

Nutrient Analysis from Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 1 piece provides 2 oz equiv of meat/meat alternate.

1-2 years : ½ piece
 3-5 years: ¾ piece
 6-18 years: 1 piece

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	106.64	Saturated Fat	2.31 g	Iron	0.79 mg
Protein	7.94 g	Cholesterol	189.35 mg	Calcium	77.31 mg
Carbohydrate	1.73 g	Vitamin A	109.88 RAE mcg	Sodium	188.32 mg
Total Fat	7.38 g	Vitamin C	3.20 mg	Dietary Fiber (2016)	0.27 g