

Broccoli and Cheese Frittata

*Yield: 45 servings

Portion Size: ½ cup

Ingredient	<u>45</u> Servings *	For <u>23</u> Servings	Directions
	Amounts		
Cottage cheese, nonfat	1 1/2 cups	¾ c	<ol style="list-style-type: none"> 1. Thaw frozen eggs in refrigerator overnight. 2. Combine eggs and cheeses. 3. Sauté onions in vegetable oil until soft. Add dill and blanched broccoli and cook until broccoli is heated. 4. Add broccoli/onion mixture to egg mixture. Stir thoroughly. 5. Spray 2.5 inch pan with food release. 6. Pour egg mixture into pan. 7. Spray film wrap with food release, cover well and steam until an internal temperature of 155°F. 8. Serve using a number 8 scoop.
Cheddar cheese, shredded	3 oz	1 ½ oz	
Mozzarella cheese, shredded	3 oz	1 ½ oz	
Eggs, frozen, pasteurized	5 lb carton	22 eggs	
Broccoli, florets, fresh, blanched in steamer and chopped	3 lbs 3 cups	1 ½ lbs 1 ½ c	
Onion, small dice, sautéed	2 Tbsp	1 Tbsp	
Dill, dried	3 Tbsp	1 ½ Tbsp	
Olive oil or vegetable oil	1 1/2 Tbsp	2 ¼ tsp	
Salt	2 Tbsp	1 Tbsp	
Pepper			