

LS Ham Veggie Omelet100

Number of Servings: 100 (223.84 g per serving)

Amount	Measure	Ingredient
4.00	lb	Pork, cured ham, 96% fat free, low sod, add wtr
100.00	ea	Eggs, whole, raw, lrg
2 3/4	tsp	Spice, pepper, black
5 1/4	qt	Milk, nonfat/skim, w/add vit A & D
200.00	ea	Cooking Spray, butter flvr, 1/3 sec spray
6 3/4	qt	Squash, summer, all types, fresh, slices
5.00	qt	Onion, white, fresh, chpd
5.00	qt	Asparagus, fresh
3.00	lb	Cheese, cheddar, low sod, shredded

Nutrients per serving

Nutrition Facts	
Serving Size (224g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 235mg	78%
Sodium 250mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 16g	
Vitamin A 15%	Vitamin C 15%
Calcium 20%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Spray counter pan(s) with nonstick spray, add vegetable oil and sliced/chopped vegetables. (Use 12X24inch pan for each 24servings) Bake in 450 degree oven for 30-45 minutes to saute (stir occasionally) or saute in same pan on stove top until vegetables are firm but tender.

Dice ham into 1/2 inch pieces. Heat milk so it is hot.

Combine eggs, seasonings and hot milk. Pour over sauteed vegetables. Sprinkle cheese over top bake at 325 degrees for 30 minutes to 1+ hour or until set, 180 degrees F internal end-point temperature. Baking time will depend on temperature of ingredients when combined. Serve as soon as removed from oven. Cut each pan 4X6 for 24 serv/pan.

If asparagus is not available chopped broccoli may be substituted. Likewise, if summer squash is not available a similar vegetable may be substituted. Substitutions will vary nutrient analysis depending upon vegetables used.

Each piece = 2 oz protein + 1 vegetable

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Each piece = 1/2 CS

Notes

Liquid eggs equivalent to # in recipe may be used.

1 # shredded cheese = ~ 3 1/2 cups

Ham should be 285 mg Sodium or LESS per OUNCE.

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