

Southwest Veggie Frittata

YIELD: 100 servings

Chef Sam Icklan

This hearty and delicious breakfast quesadilla features scrambled eggs, fire roasted peppers and onions, salsa, and spices for a nutritious school breakfast option!

INGREDIENTS

- ¼ cup vegetable oil
- 8 yellow onions, diced
- 8 red bell peppers, diced
- 8 cloves of garlic, minced
- 2 TBSP chili powder
- 2 TBSP smoked paprika
- 1 TBSP dried oregano
- 2 tsp salt
- 1 tsp black pepper
- Cooking spray
- 16# liquid eggs
- 8 cups low-fat milk
- 2 cups sour cream
- 1 bunch flat leaf parsley, minced
- 8 cups mozzarella or cheddar cheese, shredded

DIRECTIONS

- In a large pan or tilt skillet, heat oil over medium high heat. When oil begins to shimmer, add onions and peppers. Cook until vegetables begin to soften, about 5 minutes. Add garlic, stir well and cook for 1 additional minute. Add chili powder, smoked paprika, oregano, salt and pepper and cook until spices are fragrant, about 3 minutes.
- Spray 4 2” hotel pans with cooking spray and evenly divide pepper and onion mixture between the pans.
- In a large mixing bowl, whisk together eggs, milk and sour cream until ingredients are fully incorporated and mixture is smooth. Whisk in minced parsley.
- Evenly divide egg mixture between the 4 hotel pans and top with 2 cups of mozzarella cheese per pan.
- In an oven pre-heated to 350°F, cook frittata for 12 minutes with fan on high. Rotate pans to ensure even cooking, set fan to low, and cook for 12-15 more minutes. If center of frittata jiggles, continue cooking for 4 minute increments until center is set and frittatas reach an internal temperature of 165°F.
- Once fully cooked, allow frittatas to rest 5 minutes before slicing. Slice each pan into 24 portions (4x6).

RECIPE NOTES: Southwest Veggie Frittata

Nutrition Facts per Serving

Calories: 77 kcal | Fat: 1 g | Saturated fat: 1 g | Cholesterol: 4 mg | Sodium: 303 mg | Carbohydrates: 9 g | Fiber: 1 g | Sugar: 1 g | Protein: 8 g | Calcium: 840 mg