



## Southwest Frittata

Recipe Type: Breakfast

Meal Components: 1.25 m/ma

Preparation Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Ingredients	48 servings		96 servings		Directions
	Weight	Measure	Weight	Measure	
Corn, frozen		1 cup		2 cups	1. Day before service, thaw corn and eggs overnight in the refrigerator.
Eggs, frozen, liquid	3 lbs		6 lbs		<b>CCP: Hold at 41° F or below.</b>
					2. Preheat oven to 350° F convection or 375° F conventional. Line full size 2" deep full size steam table pans with pan liner and pan release. Fold pan liner in half to fit pan (it will not cover the entire bottom). Use 1 pan for 48 servings and 2 pans for 96 servings.
Beans, black, canned, low-sodium		1 3/4 cup		3 1/2 cups	3. Drain and rinse black beans in a colander. Shake to remove excess water.
Bell pepper, green, 1/2" dice		1/2 cup		1 cup	4. In a large bowl or container, combine diced bell pepper with black beans and corn. Set aside.
Yogurt, Greek, fat-free, <b>plain</b>		2/3 cup		1 1/3 cup	5. In another large bowl or container, whisk yogurt and taco seasoning. Then add eggs, and whisk again to combine.



Taco seasoning, low-sodium		1 Tbsp + 2 tsp		3 Tbsp + 1 tsp	
					7. Bake for 20-25 minutes or until center is set.
					<b>CCP: Heat to 155° F or higher.</b>
Cheese, cheddar, shredded, low-fat	6 oz		12 oz		8. While frittata is baking, combine cheeses. Once frittata center is set, remove from oven and sprinkle with cheese. Return to oven and bake until cheese is melted, about 5 minutes.
Cheese, mozzarella, shredded, low-fat	6 oz		12 oz		
					<b>CCP: No bare hand contact with ready to eat food.</b>
					9. For 1.25 oz eq m/ma servings, cut each pan into 48 pieces. With pan horizontal, make one cut down center of pan. Then cut each half in half, and then each quarter in half one more time. Turn pan vertically. Make one cut down center, and then cut each half into thirds.
					<b>CCP: Hold and serve at 135° F or above.</b>

**Serving:**  
1 (6 x 8) serving provides 1.25 oz m/ma.

Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
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<b>1 (6 x 8) serving</b>	55 kcal	2.78 g	0.90 g	105.62 mg	71.96 mg	2.62 g	0.72 g	0.30 g	4.54 g
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Nutrients generated with NUTRIKIDS® Menu Planning and Nutritional Analysis software and should not be used for medical conditions or food allergies.