

Italian Frittata Scramble

Full of favorite Italian flavors, this frittata is a great way to start the day.

Yield: 28 lbs, 14 oz
Serves: 50
Cook time: 3 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Olive oil	8	fl oz	1 cup
Tomatoes, seeded, diced	50	oz	3 qt
Spinach, fresh, sautéed	37.5	oz	6-1/4 cups
Onions, julienne, sautéed	37.5	oz	6-1/4 cups
Perfect Eggs Mix, prepared	300	oz	2 gal, 6 cups
Parmesan cheese, grated	8	oz	3 cups
Garlic Spread, prepared	16	oz	2 cups

Preparation Steps

1. In olive oil, sauté 1/4 cup tomatoes, 1/8 cup spinach and 1/8 cup onions over medium high heat.
2. Add 6 oz of Perfect Eggs Mix and reduce heat to medium. Push cooked egg from the edge of the frittata toward the center. Rotate the pan so the uncooked eggs on the top will fill the void around the edges left by the eggs that you just pushed toward the center. Repeat until there isn't any uncooked egg to fill the void around the edges.
3. Flip frittata and cook for 1-2 minutes or until eggs are cooked.
4. Top with 1 Tbsp Parmesan cheese and 2 tsp of Garlic Spread.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	172
Energy (Kj)	742
Fats, total (g)	8.6
Fats, saturated (g)	3.05
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	11.21
Sodium (mg)	430
Carbohydrate, total (g)	8.5
Fiber, total dietary (g)	1.33
Sugars, total (g)	5.6
Protein (g)	16
Vitamin A (µg_RAE)	147
Vitamin C (mg)	11.6
Calcium (mg)	175
Iron (mg)	3.2

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

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Garlic Spread

Add this garlic spread to any item to bring out hidden flavor.

Yield: 3-1/4 cups
Serves: 74
Cook time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Mayonnaise, fat-free	16	oz	2 cups
Sour cream, fat-free	8	oz	1 cup
Minor's® Roasted Garlic Flavor Concentrate, 6x1 lb	2	oz	1/4 cup
Lemon juice, fresh	0.25	fl oz	2 tsp

Preparation Steps

1. In a mixing bowl, thoroughly whisk together the mayonnaise, yogurt, *Minor's* Roasted Garlic Flavor Concentrate and lemon juice.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	8
Energy (Kj)	37
Protein (g)	0.2
Carbohydrate, total (g)	1.4
Fats, total (g)	0.2
Sugars, total (g)	1
Fats, saturated (g)	
Fiber, total dietary (g)	
Sodium (mg)	77
Calcium (mg)	1
Cholesterol (mg)	
Iron (mg)	1
Vitamin A (µg_RAE)	8
Vitamin C (mg)	37

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

ITALIAN FRITTATA SCRAMBLE

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ 1 qt fat-free mayonnaise

> Produce

Be sure to ask your distributor about local seasonal produce.

- € ☐ 3 lbs local seasonal tomatoes
- € ☐ 5 lbs local seasonal spinach
- € ☐ 3 lbs local seasonal onions
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*

**Kale, various mushrooms, jalapeño peppers, bell peppers, olives, potatoes, broccoli, cauliflower, carrots, asparagus, beans, sundried tomatoes, zucchini, chopped herbs and squash can all be added to increase guest customization.*

> Protein

- € ☐ 3-1/2 lbs meat (optional)**

***Bacon, sausage, ham, turkey or chicken can all be added to increase guest customization.*

> Dairy

- € ☐ 1 pt plain fat-free sour cream
- € ☐ 12 oz grated Parmesan cheese*

**Cheddar, Gruyere, Provolone and American cheeses can all be added to increase guest customization.*

> Refrigerated

- € ☐ 8 qt liquid eggs
- € ☐ 1 tub Minor's® Culinary Cream
- € ☐ 1 tub Minor's Roasted Garlic Flavor Concentrate
- € ☐ 1 tub Minor's Natural Gluten Free Vegetable Base
- € ☐ 1 tub Minor's Fire Roasted Poblano Flavor Concentrate
- € ☐ 4 tubs Minor's Flavor Concentrates (for 4 flavored egg variations: see recipes)
- € ☐ 3 lbs avocado pulp

ITALIAN FRITTATA SCRAMBLE

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Make 4x Perfect Eggs Mix recipe (divide into 4 variations using Perfect Eggs Mix variation recipes)
- € ☐ Make Poblano Avocado Spread recipe
- € ☐ Make Garlic Spread recipe place in squirt bottle
- € ☐ Make Vegetable Crema recipe place in squirt bottle
- € ☐ Clean, cut and sauté 5 lbs local seasonal spinach*
- € ☐ Clean and dice 3 lbs local seasonal tomatoes*
- € ☐ Clean, julienne and sauté 3 lbs local seasonal onions*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Cook, cool and cut 3-1/2 lbs meat for Egg Scramble Station (optional)
- € ☐ Secure 12 oz grated Parmesan cheese
- € ☐ 8 oz squirt bottles of olive oil (3)

**Certain mix-ins may require slightly different preparations depending on the item.*

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitation bucket with towel
- € ☐ 3 additional towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Containers for holding meat and vegetables cold (9)
- € ☐ 1 oz scoops for meats and vegetables (8)
- € ☐ Teaspoon for avocado spread
- € ☐ Container for holding eggs cold (4)
- € ☐ 8 oz ladle for eggs (4)
- € ☐ Heatproof spatula (3)
- € ☐ Serving spatula

Southwest Omelet Scramble

Bring together a variety of flavors in this southwest-inspired omelet.

Yield: 30 lbs, 7 oz
Serves: 50
Cook time: 3 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Olive oil	8	fl oz	1 cup
Bacon, cooked, diced	12.5	oz	3 cups
Green bell peppers, julienne, sautéed	50	oz	3 qt
Onions, julienne, sautéed	50	oz	3 qt
Perfect Eggs Mix, prepared	300	oz	2 gal, 6 cups
Poblano Avocado Spread, prepared	62	oz	6-1/4 cups

Preparation Steps

1. In olive oil, sauté 1 Tbsp bacon, 1/4 cup onions and 1/4 cup peppers over medium high heat.
2. Add 6 oz Perfect Eggs Mix and reduce heat to medium. Push cooked egg from the edge of the omelet toward the center. Rotate the pan so the uncooked eggs on the top fill the void around the edges left by the eggs that you just pushed toward the center. Repeat until there isn't any uncooked egg to fill the void around the edges.
3. Flip omelet and cook for 1-2 minutes or until eggs are cooked.
4. Top with 2 Tbsp Poblano Avocado Spread.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	232
Energy (KJ)	994
Fats, total (g)	15.3
Fats, saturated (g)	4.42
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	11.4
Sodium (mg)	371
Carbohydrate, total (g)	10.4
Fiber, total dietary (g)	3.23
Sugars, total (g)	5.1
Protein (g)	15
Vitamin A (µg_RAE)	63.3
Vitamin C (mg)	25.24
Calcium (mg)	109
Iron (mg)	3

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

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Poblano Avocado Spread

Add spice to any dish with this creamy avocado spread.

Yield: 51 fl oz
Serves: 51
Prep time: 3 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Avocado, pulp	48	oz	1-1/2 qt
Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz) US	3	oz	1/3 cup

Preparation Steps

1. In a mixing bowl, thoroughly fold together the avocado and Minor's Fire Roasted Poblano Flavor Concentrate.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	45
Energy (Kj)	190
Protein (g)	0.6
Carbohydrate, total (g)	2.5
Fats, total (g)	4.1
Sugars, total (g)	0
Fats, saturated (g)	0.6
Fiber, total dietary (g)	1.8
Sodium (mg)	30
Calcium (mg)	4
Cholesterol (mg)	0
Iron (mg)	0
Vitamin A (µg_RAE)	3
Vitamin C (mg)	1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

SOUTHWEST OMELET SCRAMBLE

ORDER GUIDE

Order Guide for 50 Servings

> Dry Goods

- € ☐ 1 qt fat-free mayonnaise

> Produce

Be sure to ask your distributor about local seasonal produce.

- € ☐ 5 lbs local seasonal bell peppers
€ ☐ 5 lbs local seasonal onions
€ ☐ 3 lbs local seasonal produce*
€ ☐ 3 lbs local seasonal produce*
€ ☐ 3 lbs local seasonal produce*
€ ☐ 3 lbs local seasonal produce*

**Spinach, kale, tomatoes, various mushrooms, jalapeño peppers, olives, potatoes, broccoli, cauliflower, carrots, asparagus, beans, sundried tomatoes, zucchini, chopped herbs and squash can all be added to increase guest customization.*

> Protein

- € ☐ 3-1/2 lbs meat**

***Bacon, sausage, ham, turkey or chicken can all be added to increase guest customization.*

> Dairy

- ☐ 1 pt plain fat-free sour cream
€ ☐ 12 oz grated Parmesan cheese*

**Cheddar, Gruyere, Provolone and American cheeses can all be added to increase guest customization.*

> Refrigerated

- € ☐ 8 qt liquid eggs
€ ☐ 1 tub Minor's® Culinary Cream
€ ☐ 1 tub Minor's Roasted Garlic Flavor Concentrate
€ ☐ 1 tub Minor's Natural Gluten Free Vegetable Base
€ ☐ 1 tub Minor's Fire Roasted Poblano Flavor Concentrate
€ ☐ 4 tubs Minor's Flavor Concentrates (for 4 flavored egg variations: see recipes) €
☐ 3 lbs avocado pulp

SOUTHWEST OMELET SCRAMBLE

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Make 4x Perfect Eggs Mix recipe (divide into 4 variations using Perfect Eggs Mix variation recipes)
- € ☐ Make Poblano Avocado Spread recipe
- € ☐ Make Garlic Spread recipe place in squirt bottle
- € ☐ Make Vegetable Crema recipe place in squirt bottle
- € ☐ Clean, cut, and sauté 5 lbs local seasonal bell peppers*
- € ☐ Clean, julienne and sauté 3 lbs local seasonal onions*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Cook, cool and cut 3-1/2 lbs meat for Egg Scramble Station (optional)
- € ☐ Secure 12 oz grated Parmesan cheese
- € ☐ 8 oz squirt bottles of olive oil (3)

**Certain mix-ins may require slightly different preparations depending on the item.*

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitation bucket with towel
- € ☐ 3 additional towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Containers for holding meat and vegetables cold (9)
- € ☐ 1 oz scoops for meats and vegetables (8)
- € ☐ Teaspoon for avocado spread
- € ☐ Container for holding eggs cold (4)
- € ☐ 8 oz ladle for eggs (4)
- € ☐ Heatproof spatula (3)
- € ☐ Serving spatula

Spanish Tortilla Scramble

Featuring potatoes and kale, this egg dish combines vegetables and comfort.

Yield: 34 lbs, 6 oz
Serves: 50
Cook time: 3 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Olive oil	8	fl oz	1 cup
Potatoes, sliced, blanched	11	lb	2 gal
Kale, plain, baby, chopped, sautéed	57	oz	3 qt
Perfect Eggs Mix, prepared	300	oz	2 gal, 6 cups
Vegetable Crema, prepared	16	oz	2 cups

Preparation Steps

1. In olive oil, sauté approx. 5 oz of sliced potatoes and 1/4 cup kale over medium high heat.
2. Add 6 oz of Perfect Eggs Mix and reduce heat to medium. Push cooked egg from the edge of the tortilla toward the center. Rotate the pan so the uncooked eggs on the top will fill the void around the edges left by the eggs that you just pushed toward the center. Repeat until there isn't any uncooked egg to fill the void around the edges.
3. Flip tortilla and cook for 1-2 minutes or until eggs are cooked.
4. Top with 2 Tbsp of Vegetable Crema.

Nutrition

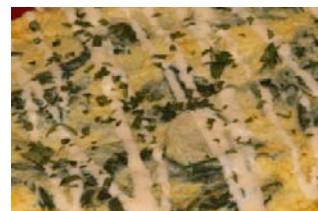
Nutritional analysis per serving	
Energy (Kcal)	219
Energy (KJ)	942
Fats, total (g)	7.5
Fats, saturated (g)	2.3
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	7.2
Sodium (mg)	390
Carbohydrate, total (g)	23
Fiber, total dietary (g)	3.2
Sugars, total (g)	5.33
Protein (g)	15.3
Vitamin A (µg_RAE)	279
Vitamin C (mg)	59.31
Calcium (mg)	149
Iron (mg)	14

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Vegetable Crema

Inspired by the garden, this spread instantly gives any dish extra desired flavor.

Yield: 3-1/4 cups
Serves: 78
Prep time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Mayonnaise, fat-free	16	oz	2 cups
Sour cream, fat-free	8	oz	1 cup
Minor's® Natural Gluten Free Vegetable Base (6x1lb)	2	oz	1/4 cup

Preparation Steps

1. In a mixing bowl, thoroughly whisk together the mayonnaise, yogurt and Minor's Natural Gluten Free Vegetable Base.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	9.73
Energy (Kj)	43.2
Fats, total (g)	0.53
Fats, saturated (g)	0.26
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	1.65
Sodium (mg)	101.7
Carbohydrate, total (g)	1.18
Fiber, total dietary (g)	0.12
Sugars, total (g)	0.64
Protein (g)	0.1
Vitamin A (µg_RAE)	1.6
Vitamin C (mg)	
Calcium (mg)	
Iron (mg)	0.26

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

SPANISH TORTILLA SCRAMBLE

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ 1 qt fat-free mayonnaise

> Produce

Be sure to ask your distributor about local seasonal produce.

- € ☐ 11 lbs local seasonal potatoes
- € ☐ 6 lbs local seasonal baby kale
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*

**Spinach, tomatoes, various mushrooms, onions, jalapeño peppers, bell peppers, olives, broccoli, cauliflower, carrots, asparagus, beans, sundried tomatoes, zucchini, chopped herbs and squash can all be added to increase guest customization.*

> Protein

- € ☐ 3-1/2 lbs meat**

***Bacon, sausage, ham, turkey or chicken can all be added to increase guest customization.*

> Dairy

- € ☐ 1 pt fat-free sour cream
- € ☐ 2 oz grated cheese+

+ Parmesan, Cheddar, Gruyere, Provolone and American cheeses can all be added to increase guest customization.

> Refrigerated

- € ☐ 8 qt liquid eggs
- € ☐ 1 tub Minor's® Culinary Cream
- € ☐ 1 tub Minor's Roasted Garlic Flavor Concentrate
- € ☐ 1 tub Minor's Natural Gluten Free Vegetable Base
- € ☐ 1 tub Minor's Fire Roasted Poblano Flavor Concentrate
- €€ ☐ 4 tubs Minor's Flavor Concentrates (for 4 flavored egg variations, see recipes)
- ☐ 3 lbs avocado pulp

SPANISH TORTILLA SCRAMBLE

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Make 4x Perfect Eggs Mix recipe (divide into 4 variations using Perfect Eggs Mix variation recipes)
- € ☐ Make Poblano Avocado Spread recipe
- € ☐ Make Garlic Spread recipe place in squirt bottle
- € ☐ Make Vegetable Crema recipe place in squirt bottle
- € ☐ Clean, slice and blanch 11 lbs local seasonal potatoes*
- € ☐ Clean, cut, and sauté 6 lbs local seasonal kale*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Cook, cool and cut 3-1/2 lbs meat for Egg Scramble Station (optional)
- € ☐ Secure 12 oz grated Parmesan cheese
- € ☐ 8 oz squirt bottles of olive oil (3)

**Certain mix-ins may require slightly different preparations depending on the item.*

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitation bucket with towel
- € ☐ 3 additional towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Containers for holding meat and vegetables cold (9)
- € ☐ 1 oz scoops for meats and vegetables (8)
- € ☐ Teaspoon for avocado spread
- € ☐ Container for holding eggs cold (4)
- € ☐ 8 oz ladle for eggs (4)
- € ☐ Heatproof spatula (3)
- € ☐ Serving spatula