

Egg White Frittata



Healthy open faced omelet featuring MINOR'S® products.

Yield	39-3/4 lbs 50(12-3/4oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
24	oz	2-1/3 cups		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
10	oz	1 cup		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
400	oz	3 gallons		Egg white	or beaters
2	lb	1-1/2 qts		Onions	medium dice, roasted
4	oz	1/3 cup		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1.25	oz	2 tbsp		<u>Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
12	fl oz	1-1/2 cups		Water	
50	fl oz	1-1/2 qts		Olive oil	
24	oz	3 cups		Red bell peppers	medium diced, roasted
24	oz	3 cups		Green Bell Peppers	medium diced, roasted
24	oz	3 cups		Yellow bell peppers	medium diced, roasted
12.5	oz	3 cups		Bacon, turkey, ckd	diced
50	oz	6 qts		Broccoli florets	blanched
36	oz			Lettuce	
48	fl oz	1-1/2 qts		Olive oil	
16	fl oz	2 cups		Red wine vinegar	

Preparation Steps

1. Thoroughly mix together the Roasted Garlic and Herb de Provence Flavor Concentrates. Whisk the flavor concentrates into the eggs. Keep refrigerated until use.
2. In a high power blender, add roasted onions, Roasted Garlic Flavor Concentrate, Vegetable Base and water. Puree until smooth. Place in a squirt bottle.
3. In olive oil, sauté peppers, turkey bacon, and broccoli until hot.
4. Add eggs 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 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. Flip frittata. Cook for 1-2 minutes or until eggs are firm.
5. Slide frittata from pan and place on a plate. Drizzle with roasted garlic coulis.
6. Toss baby lettuce with olive oil and vinegar and top the frittata.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	720.7
Energy (KJ)	3031.4
Protein (g)	29.3
Carbohydrate, total (g)	14.4
Fats, total (g)	60.7
Sugars, total (g)	7.1
Fats, saturated (g)	9.1
Fiber, total dietary (g)	2.9
Sodium (mg)	1379.9



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Calcium (mg)	54.6
Cholesterol (mg)	7
Iron (mg)	1.2
Vitamin A (µg_RAE)	132.5
Vitamin C (mg)	92.1

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

Egg White Mix



Healthy flavored egg whites featuring MINOR'S® Flavor Concentrates.

Yield	3-1/8 gallons 50(8oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
24	oz	2-1/3 cups		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
10	oz	1 cup		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
400	oz	3 gal		Egg whites	or beaters

Preparation Steps

1. Thoroughly mix together the Roasted Garlic and Herb de Provence Flavor Concentrates. Whisk the flavor concentrates into the eggs until combined. Refrigerate until use.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	165.6
Energy (Kj)	701.4
Protein (g)	25.5
Carbohydrate, total (g)	6.7
Fats, total (g)	2.8
Sugars, total (g)	3.8
Fats, saturated (g)	0.8
Fiber, total dietary (g)	0.9
Sodium (mg)	1070.6
Calcium (mg)	23.8
Cholesterol (mg)	0
Iron (mg)	0.5
Vitamin A (µg_RAE)	19.9
Vitamin C (mg)	0.2

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

Roasted Garlic Coulis



Light, flavorful roasted garlic sauce.

Yield	3 cups 50(1/2oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	lb	1-1/2 qts		Onions	medium dice, roasted
4	oz	1/3 cup		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1.25	oz	2 tbsp		<u>Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
12	fl oz	1-1/2 cups		Water	

Preparation Steps

1. In a high power blender, add roasted onions, Roasted Garlic Flavor Concentrate, Vegetable Base and water. Puree until smooth. Place in a squirt bottle.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	12.2
Energy (KJ)	52.1
Protein (g)	0.3
Carbohydrate, total (g)	2.7
Fats, total (g)	0.1
Sugars, total (g)	1.1
Fats, saturated (g)	0
Fiber, total dietary (g)	0.4
Sodium (mg)	129.8
Calcium (mg)	4.8
Cholesterol (mg)	0
Iron (mg)	0.1
Vitamin A (µg_RAE)	3.1
Vitamin C (mg)	1.2

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

EGG WHITE FRITTATA

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Red wine vinegar 2 cups
- € ☐ Extra virgin olive oil 1-1/2 qts

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Baby lettuce mix (organic if possible) 2.25 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs (optional if you are going to include a protein)

> Frozen

€ €

> Protein

- ☐ Liquid egg whites or beaters 350 fl oz
- € ☐ Turkey bacon or another lean protein (optional item. ½ oz by weight of cooked protein is recommended for each frittata) 3.5 lbs

> Dairy

> Refrigerated

- ☐ MINOR'S® Herb de Provence 1 tub
- € ☐ MINOR'S Roasted Garlic Flavor Concentrate 2 tubs
- € ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub

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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

- € ☐ Combine egg whites and flavor concentrates
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
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- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables*
- € ☐ Clean baby lettuce
- € ☐ Combine vinegar and oil in squirt bottles (3 parts oil to 1 part vinegar)
- € ☐ Squirt bottle of olive oil for sautéing
- ☐ *optional, cook and medium dice lean protein 3.5 lbs (substitute for one of the vegetables)

> Day of Service

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> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen 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 vegetables cold (6)
- € ☐ Container for holding greens cold
- € ☐ 1 oz scoops for vegetables (some vegetables like broccoli or cauliflower may require a different size scoop) approx. ½ cup of vegetables per frittata
- € ☐ Container for holding eggs cold
- € ☐ 8 oz ladle for eggs
- € ☐ Bowl for tossing greens
- € ☐ Tongs (2)
- € ☐ Heatproof spatula (3)
- € ☐ Serving spatula