

# Mozzarella, Spinach, Tomato, and Potato Frittata

Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat the oven to 325° F. Lightly oil a 2-inch full-size hotel pan (use 4 pans for 100 servings).
<b>Egg Mixture</b>					
Mozzarella cheese, part skim, shredded	6 oz	1 1/2 cups	1 lb 8 oz	1 qt 2 cups	2. Combine the cheeses in a bowl and set aside
Cheddar cheese, reduced fat, shredded	6 oz	1 1/2 cups	1 lb 8 oz	1 qt 2 cups	
Parmesan cheese, grated	2 oz	6 tbsp	8 oz	2 3/4 cups 2 tbsp	
Eggs, large	14 each	28 oz	112 oz	56	3. Blend the eggs with the milk, oregano, half of the salt, and the pepper in a bowl with a whisk until smooth. Add half of the combined cheeses and stir to blend. Set this egg mixture aside. <b>(Reserve the remaining cheese mixture to top the frittata in step 7.)</b>
Milk, skim or 1%	8 oz	1 cup	32 oz	1 qt	
Thyme leaves, dried	2 tsp	2 tsp	2 tbsp	2 tbsp	
Table salt	1 1/2 tsp	1 1/2 tsp	1 1/4 oz	2 tbsp	
Black pepper, ground	1/2 tsp	1/2 tsp	2 tsp	2 tsp	<i>(recipe continues on next page)</i>



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(continued)

Vegetable Mixture					
Oil, olive or canola	1 oz	2 tbsp	4 oz	1/2 cup	4. Heat the oil in a large skillet over medium high heat. Add the garlic and onions and half of the salt. Cook, stirring frequently, until the onions are tender and the garlic is aromatic, about 10 minutes.
Garlic, minced	1/3 oz	2 tbsp	2 1/2 oz	1/2 cup	
Onions, yellow, chopped	1 lb	3 cups	4 lb	12 cups	
Spinach, frozen, chopped, thawed and squeezed before measuring	2 lb	2 cups	8 lb 4 oz	2 qt 1/3 cup	5. Add the spinach and the tomatoes and continue to cook, stirring occasionally, until most of the liquid has cooked away, about 10 minutes (or longer, depending upon the size of the pan and the quantity of vegetables.)
Tomatoes, canned, diced	8 oz	1 1/3 cups	2 lb	1 qt 1 1/2 cups	
Potatoes, yellow or red, peeled and diced	1 lb 8 oz	5 cups	6 lb 4 oz	1 gal 1 qt	6. Add the diced potatoes and continue to cook, stirring, until the potatoes are hot, another 5 minutes.
					7. Transfer the vegetable mixture to the bowl with the egg mixture and stir together. Pour into a lightly oiled baking pan. Top with the remaining cheese mixture.
					8. Bake until the eggs are set and a knife inserted near the center of the frittata comes out clean, about 15 minutes (this time will vary depending upon the depth of your pan.) (Note: If you wish, you can lightly broil the frittata to brown the cheese.)
					9. Remove the frittata from the oven and let it rest for 10 minutes before cutting into portions and serving.

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Recipe Notes:

Serving Notes:

One serving provides 1 3/4 meat/meat alternate and 3/8 cup vegetables.  
Cut into pieces approximately 3 X4 inches weighing about 5 1/4 ounces.

	25 Servings	100 servings
Total Weight:	8 lb 3 oz	32 lb 15 oz
Total Volume		
Serving Size (weight):	5 1/4 oz	5 1/4 oz
Serving Size (volume):		

Nutrients Per Serving					
<b>Calories</b>	145	<b>Saturated Fat</b>	2.5 g	<b>Iron</b>	1.75 mg
<b>Protein</b>	10 g	<b>Cholesterol</b>	130 mg	<b>Calcium</b>	190 mg
<b>Carbohydrate</b>	11 g	<b>Vitamin A-RE</b>	521 mcg	<b>Sodium</b>	433 mg
<b>Total Fat</b>	7 g	<b>Vitamin C</b>	9 mg	<b>Dietary Fiber</b>	2 g

