

EGG AND POTATO BREAKFAST SANDWICH



| | | 32 Servings | | |
|-------------------------------------|----------|--------------|--|--|
| Ingredients | Weight | Measure | Directions | |
| Frozen diced potatoes, thawed | 3 pounds | | <p>Preheat the oven to 350°F.</p> <p>Spray a 2-inch full-size steamtable pan with pan-release spray. Set aside.</p> <p>In a large mixing bowl, combine the thawed diced potatoes and diced red bell peppers. In a small container combine the onion powder, ground paprika, ground black pepper, garlic powder, and cayenne pepper. Sprinkle the spice mixture over the potatoes and stir to combine.</p> <p>Pour the liquid eggs over the seasoned potatoes. Stir the potatoes and eggs and transfer the mixture into the prepared 2-inch full-size steamtable pan.</p> <p>Place the pan into the preheated 350°F and bake for about 30-40 minutes, or until the eggs have set. CCP: Heat to 155°F.</p> <p>Remove the pans from the oven and let the egg dish rest in the warmer. CCP: Hold hot at 135°F or above. Cut each pan 4 x 8 into 32 squares.</p> <p>To assemble the sandwiches, open each English muffin and place a square of the baked eggs and potatoes into each. Place one (half-ounce) slice of cheddar cheese on top of the eggs and potatoes, and place the top of the English muffin over the cheese. Wrap each breakfast sandwich with deli paper and hold hot in the warmer until service.</p> <p>CCP: Hold hot at 135°F or above.</p> | |
| Red bell pepper, fresh, small dice | 2 ounces | 1/2 cup | | |
| Black pepper, ground | | 1 tablespoon | | |
| Onion powder | | 2 teaspoons | | |
| Paprika, ground | | 1 teaspoon | | |
| Garlic powder | | 1/2 teaspoon | | |
| Cayenne pepper | | 1/2 teaspoon | | |
| Whole eggs, liquid | 3 pounds | | | |
| English muffins, whole grain rich | | 32 each | | |
| Cheddar cheese, reduced fat, slices | 1 pound | | | |

| Serving Size | | 1 Serving Provides | | | |
|-----------------------|------|---|--------|---------------|--------|
| 1 sandwich | | 2 ounce equivalents grains (depending on product), 2 ounce equivalents meat/meat alternate, 1/4 cup starchy vegetable | | | |
| Nutrients Per Serving | | | | | |
| Calories | 307 | Saturated Fat | 3.5 g | Iron | 3 mg |
| Protein | 17 g | Cholesterol | 168 mg | Calcium | 264 mg |
| Carbohydrate | 43 g | Vitamin A | 317 IU | Sodium | 427 mg |
| Total Fat | 9 g | Vitamin C | 12 mg | Dietary Fiber | 5.5 g |