

Vegetable Frittata

Vegetable Frittata showcases all the main ingredients! Eggs, mushrooms, onions, bell pepper, spinach, and cheese, all in one delicious frittata muffin.

CACFP Home Childcare Crediting Information

One frittata muffin provides ½ cup vegetable (⅛ cup additional vegetable, ⅛ cup dark green vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable), and 1 oz equivalent meat alternate.

Ingredients

- 1 ½ cup or 4 oz Fresh mushrooms, coarsely chopped
- 1 cup or 4 oz Fresh onions, diced
- 1 cup or 4 oz or Fresh red bell peppers, diced
- ½ tsp Salt
- ¼ tsp Ground black pepper
- 2 cups or 4 oz Fresh spinach, coarsely chopped
- ⅓ cup or 1 oz Low-fat cheddar cheese, shredded
- ¼ cup Skim milk
- 3 eggs or 6 oz Liquid eggs
- ½ cup or 2 oz Whole-wheat flour

Source:
CACFP Home Childcare 6-Serving Recipe Project



Preparation Time: 20 minutes
Cooking Time: 30 minutes

Makes: 6 servings

Directions

- 1 Preheat oven:
Conventional oven: 350 °F.
Convection oven: 325 °F.
- 2 In a large saucepan, add mushrooms, onions, bell peppers, salt, and pepper.
Stir well. Sauté uncovered over medium-high heat for 2 minutes.
- 3 Add spinach. Cook uncovered over medium heat for 1-2 minutes until wilted.
- 4 Pour vegetable mixture into a roasting pan (9" x 13" x 2 ½").
- 5 Cover and refrigerate at 40 °F for 30 minutes.
- 6 After cooled, sprinkle ⅓ cup cheese evenly over vegetable mixture. Stir well.
- 7 Lightly coat a muffin pan with pan release spray. Portion 2 Tbsp vegetable mixture into 6 muffin cups. Set aside for step 9.
- 8 Combine milk, eggs, and flour in a large bowl. Stir well.
- 9 Portion ¼ cup egg mixture on top of vegetable mixture in each muffin cup.
- 10 Bake until golden brown and eggs are slightly firm:
Conventional oven: 350 °F for 30 minutes.
Convection oven: 325 °F for 20 minutes.
- 11 Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
- 12 Critical Control Point:
Hold at 140 °F or higher until served.
- 13 Serve 1 frittata muffin.

Nutrients Per Serving: **Calories** 103, **Protein** 7 g, **Carbohydrates** 12 g, **Dietary Fiber** 2 g, **Total Sugars** 3 g, **Total Fat** 3 g, **Saturated Fat** 1 g, **Cholesterol** 107 mg, **Sodium** 290 mg, **Vitamin A** 158 mcg RAE, **Vitamin C** 34 mg, **Vitamin D** 29 IU, **Calcium** 74 mg, **Iron** 2 mg, **Potassium** 268 mg





Vegetable Frittata

Vegetable Frittata showcases all the main ingredients! Eggs, mushrooms, onions, bell pepper, spinach, and cheese, all in one delicious frittata muffin.

CACFP Adult Portion Crediting Information

One frittata muffin provides ½ cup vegetable (¼ cup additional vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable), and 2 oz equivalent meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					1 Preheat oven: Conventional oven: 350 °F. Convection oven: 325 °F.
*Fresh mushrooms, coarsely chopped	1 lb	1 qt 1 cup	2 lb	2 qt 2 cups	2 In a large stock pot, add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Sauté uncovered over medium-high heat for 2 minutes.
*Fresh onions, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh red bell peppers, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		1 tsp		2 tsp	3 Add spinach. Cook uncovered over medium heat for 1-2 minutes until wilted.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh spinach, coarsely chopped	1 lb	2 qt	2 lb	1 gal	4 Pour 2 qt (about 3 lb 10 oz vegetable mixture into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5 Cover and refrigerate at 40 °F for 30 minutes.
					6 After cooled. drain excess liquid from spinach using a strainer if needed. Place spinach mixture in a bowl and sprinkle 2 cups (about 8 oz) cheese over spinach. Stir well.
Low-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	7 Lightly coat muffin pan (20 1/2" x 14") with pan release spray. Using a 1/4 cup measuring cup portion (about 2 oz) vegetable mixture into each muffin cup (25 muffins). Set aside for step 9. For 25 servings, use 2 muffin pans. For 50 servings, use 3 muffin pans.
Skim milk		1 cup		2 cups	8 Combine milk, eggs, and flour in a large bowl. Stir well.
Whole Eggs	2 lb 10 oz	1 qt 1 cup	5 lb 4 oz	2 qt 2 cups	9 Using a 1/4 measuring cup portion 1/4 cup (about 2 oz) egg mixture on top of vegetable mixture in each muffin cup.
Whole-wheat flour	7 oz	1 1/2 cups 1 Tbsp	14 oz	3 cups 2 Tbsp	10 Bake until golden brown and eggs are slightly firm: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes.
					11 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					12 Critical Control Point: Hold for hot service at 140 °F or higher.
					13 Serve 1 frittata muffin.



NUTRITION INFORMATION

For 1 frittata muffin

NUTRIENTS	AMOUNT
Calories	134
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	179 mg
Sodium	348 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	11 g
Vitamin A	193 mcg RAE
Vitamin C	40 mg
Vitamin D	45 IU
Calcium	102 mg
Iron	2 mg
Potassium	291 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh mushrooms	1 lb 1 oz	2 lb 2 oz
Fresh onions	1 oz 5 oz	2 lb 10 oz
Fresh bell peppers	1 lb 12 oz	3 lb 8 oz
Fresh spinach	1 lb	2 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
6 lb 4 oz/25 frittata muffins	12 lb 8 oz/50 frittata muffins

SOURCE:

CACFP Adult Portion Recipe Project

