

# Cheesy Broccoli Omelet

**Main Dish**

**CCP: Hold at 135°F or above before and during service.**

**Iowa Gold Star Recipe**

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, frozen, pasteurized	12 lb				<ol style="list-style-type: none"> <li>1. Thaw frozen eggs in refrigerator overnight. Reserve for step 3.</li> <li>2. If using fresh broccoli, blanch and drain well. If using frozen broccoli, thaw in refrigerator overnight and drain well.</li> <li>3. Heat oil and sauté onions until soft.</li> <li>4. Add broccoli and dill to sautéed onions, cook until broccoli is heated.</li> <li>5. Drain liquid from cottage cheese in a sieve. Discard liquid.</li> <li>6. Combine eggs, cheeses, and broccoli/onion mixture. Stir in salt and pepper.</li> <li>7. Spray 12" x 20" x 2 1/2" pans with pan release spray, use 4 pans.</li> <li>8. Pour 6 lb 12 oz egg mixture into each pan.</li> <li>9. Bake until an internal temperature of 155°F is reached, stirring halfway through cooking time.                      Conventional: 350°F for 25 minutes                      Convection: 300°F for 20 minutes                      CCP: Heat to 155°F for 3 minutes.                      CCP: Hold at 135°F or above before and during service.</li> </ol> <p>Cut pans 5 x 5 for 25 servings per pan.</p>
Broccoli florets, chopped, fresh or frozen	11 lb	2 gal 3 qt			
Oil, vegetable		2 Tbsp			
Onion, small dice		1 cup			
Dill, dried	1.5 oz	1/4 cup			
Cottage cheese, nonfat, drained	1 lb 4 oz	3 cup			
Cheddar cheese, shredded	14 oz	3 3/4 cup			
Mozzarella cheese, shredded	14 oz	3 cup			
Salt		2 tsp			
Ground black or white pepper		1 1/2 tsp			