

Fajita Stuffed Omelets

Recipe:	R-2757	HACCP Process:	Same Day Service	
# of Servings:	100.00	Serving Size:	1 Omelet	Source: Maplewood RH SD, MO
Grams Per Serving:	87.88	Ounces per serving:	3.10	Meal Components: each stuffed omelet provides 2 oz. eq. meat/meat alternate and 1/8 cup other vegetables.

Ingredients	Measurements	Directions
Cheddar Cheese Omelet	100 CHEDDAR CHEESE OMELETS	1. Ingredients:
Sliced Peppers and Onions, Fajita Blend	6 LB. + 12 OZ	
Fajita Seasoning	1/2 CUP	
Pan Spray	1 OZ	
		2. Directions: Pre-Prep: Prepare the workstation by cleaning and sanitizing all areas. Gather all ingredients for preparation. Preheat convection oven to 300 degrees. CCP: Prepare foods at room temperature in two hours or less CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.
		3. Wash hands thoroughly. Prep: Place omelets in a single layer on parchment paper lined sheet pans sprayed with pan coating spray. Let thaw slightly while prepping the peppers and onions.
		4. Wash hands thoroughly. Prep: mix fajita seasoning with peppers and onions. Using a #20 dasher place seasoned peppers and onions on the inside of the omelet by gently folding back the top and adding the vegetables. Fold down top and repeat.
		5. Cook: Place omelets in oven and bake for 15 minutes. Product must reach an internal temperature of 165°F for 15 seconds. CCP: Heat until an internal temperature is reached of 165°F for 15 seconds
		6. Prep: Place omelets in 2-inch hotel pans, not shingled. Cover with parchment paper and place in warmers. CCP: Hold above 135°F
		7. Hold: Place in warmer maintaining an internal temperature of 140-145 degrees CCP: Hold above 135°F
		8. Serve: One omelet will provide 2 oz. eq. meat/meat alternate and 1/8 cup of other vegetable. CCP: Hold above 135°F

Notes:

Production Notes: Batch cook as the holding time and heat retention is low for this type of product. The meal component information on omelets can be provided as a Product Formulation Statement or CN label. The meal component information used for the vegetable blend are provided by the FBG.

Serving Notes: Each Fajita Stuffed Omelet weighs 87.88 grams or 3.10 oz. before cooking. Serve with salsa for extra kick and vegetables.

Nutrients Per Serving:

(per 1 Omelet)

Calories	138.086	Trans Fat (gm)	0.000	Iron (mg)	1.067*
Protein (gm)	6.914	Chol (mg)	167.904	Calc (mg)	59.260*
Carb (gm)	2.926	Vit A (IU)	224.723*	Sodium (mg)	288.363
Tot Fat (gm)	10.864	Vit C (mg)	10.480*	Fiber (gm)	0.000
Sat Fat (gm)	3.457			Sugars (gm)	1.163

Note: * means nutrient data is missing or not available.**Meal Components:**

(per 1 Omelet)

Fruit (Cups)	Vegetables (Cups)					Other 0.125
	Dark Green	Red/Orange	Beans/Peas	Starchy		
Whole Grain- Rich (Oz. Eq.)	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	2.000	Fluid Milk (Cups)	

Allergens:**Milk, Eggs**