

Feta Red Pepper Frittata








Recipe Rating	
Total Time	65 Minutes
Cooking Time	50 Minutes
Total Labour	15 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Whisk/Spoon
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts Valeur nutritive	
Per 1 serv (109g) / par 1 serv (109g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	150
Fat / Lipides 11g	17%
Saturated / satures 4.5g	
+ Trans / trans 0g	25%
Cholesterol / Cholesterol	180mg
Sodium / Sodium	420mg
Carbohydrate / Glucides	4g
Fibre / Fibres 0g	1%
Sugars / Sucres 4g	
Protein / Proteines	9g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	20%
Calcium / Calcium	15%
Iron / Fer	6%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Red Pepper, Fresh, Diced	250 gm	8.8 oz	500 gm	1.1 Lbs
Liquid Egg	1.5 L	1.6 quarts	3 L	3.2 quarts
Milk, 2%	600 mL	20.3 fl oz	1.2 L	1.3 quarts
Feta Cheese, Crumbled	450 gm	1 Lb	900 gm	2 Lbs
White Pepper	2 mL	½ tsp	4 mL	1 tsp

Method	
	<p>1. Wash and remove core from red peppers, and dice.</p>
	<p>2. Combine all ingredients in a large bowl and whisk well. Transfer to ½ size- 2" deep production pans that have been prepared with nonstick spray (or coated with butter). Place pan in Multigen for 50 minutes.</p>
	<p>3. Bulk: remove from Multigen and cut into portions.</p> <p>Cold Plating: allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.</p>
<p>Divide portions equally into service dishware by serving size.</p> 	<p>Serve Hot.</p> 
Garnish: n/a	
Food Accompany: Any appropriate side dish	