



Mushroom Feta 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/Spatula
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 (144g) / par 1 serv (144g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	160
Fat / Lipides 11g	17%
Saturated / satures 4g	
+ Trans / trans 0g	22%
Cholesterol / Cholesterol	230mg
Sodium / Sodium	380mg
Carbohydrate / Glucides	6g
Fibre / Fibres 0g	1%
Sugars / Sucres 5g	
Protein / Proteines	11g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	2%
Calcium / Calcium	15%
Iron / Fer	8%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Mushrooms, Fresh, Sliced	300 gm	10.6 oz	600 gm	21.2 oz
Liquid Egg	2 L	2.1 quarts	4 L	4.2 quarts
Milk, 2%	1 L	1.1 quarts	1 L	2.2 quarts
Onions, Fresh, Diced	200 gm	7.1 oz	400 gm	14.2 oz
Feta Cheese, Crumbled	200 gm	7.1 oz	400 gm	14.2 oz
Black Pepper	7 mL	1.5 tsp	6 gm	1 Tbsp

Method



1. Wash mushrooms and slice. Peel onions and dice.



2. Combine all ingredients and transfer to a ½ size- 2" deep production pan that has been prepared with nonstick spray (or coated with butter). Place pan in Multigen for 50 minutes.



3. **Bulk:** remove from Multigen and serve alone or with a side dish.

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.



4. Divide portions equally into service dishware by serving size.

Serve Hot.

Garnish: **Chopped green onion or Fresh Tomato Salsa**

Food Accompany: **Any appropriate sides (salads or hot vegetables)**