



## Title: Spinach Mushroom Breakfast Wrap

Recipe Code No:

Category: Breakfast

Cooking Process: #2 Same Day Service

90 Servings			Directions
Ingredients	Weight	Measure	
Eggs, liquid, frozen, 5 lb carton		2 cartons	<ol style="list-style-type: none"> <li>Thaw eggs in the refrigerator. <b>CCP: Hold at or below 41°F.</b></li> <li>Preheat convection oven to 325° F.</li> <li>Spray a 4-inch full size steam table pan with pan release. Add eggs to pan and whisk well. Cover and bake at 325° F for 10 minutes. Remove from oven and whisk. Cover, return to oven, and cook for an additional 5 minutes. <b>CCP: Cook to a minimum internal temperature at or above 155° F.</b></li> <li>While eggs are cooking, if mushrooms are not pre-sliced, weigh about 11 lb 4 oz AP and thoroughly wash. Pat dry or allow to air dry. Cut off any dry stems, then cut in half. Cut halves into slices.</li> <li>Heat a tilt skillet over medium heat. Add oil. Once oil is shimmering, add mushrooms and sprinkle with salt. Cook without stirring for about 2 minutes to allow mushrooms to brown and release water. Stir gently, then let cook another 2-3 minutes until mushrooms have browned, shrunk, and released most of their water.</li> <li>Add spinach, garlic, and pepper and stir for about 1 minute or until spinach is mostly wilted. Do not overcook. Transfer vegetable mixture to a perforated pan to allow excess liquid to drain about 5 minutes.</li> <li>In a large mixing bowl, or 6-inch full size steamtable pan, combine cooked eggs, drained vegetables, and cheddar cheese.</li> <li>To assemble breakfast wraps, use a #8 scoop to place ½ cup (approximately 4 1/4 oz) egg/veggie/cheese mixture on a 10" whole grain tortilla. Note: Scoop size may vary depending on how long vegetables are cooked and liquid lost.</li> </ol>
Mushrooms, halved, sliced, EP	11 lb		
Oil, canola		¼ cup	
Salt		1 Tbsp + 1 tsp	
Spinach, fresh, ready to use	5 lb		
Garlic, granulated		2 Tbsp	
Black pepper		1 Tbsp + 2 tsp	
Cheddar cheese, shredded	2 lb 13 oz		
Tortilla, 10", WG		90 each	

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			9. Fold bottom of tortilla over mixture. Keeping hands pressed on the top of the tortilla, gently pull the tortilla back toward the bottom, forcing the mixture to fill the cavity. Fold in both sides about an inch, and roll into a wrap. 10. Hold hot until service. <b>CCP: Hold at or above 135°F.</b> <b>CCP: No bare hand contact with ready to eat food.</b>

**Meal Components:** 1 wrap provides  $\frac{5}{8}$  cup total Vegetable ( $\frac{1}{8}$  cup dark green vegetable,  $\frac{1}{2}$  cup other vegetable), 2.5 oz eq M/MA, 2 oz eq WGR Grain.

**Notes:**

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

Marketing Guide Food as Purchased for	90 Servings
Mushrooms, fresh, whole	11 lb 4 oz

**Serving**

One wrap provides  $\frac{5}{8}$  cup total vegetable ( $\frac{1}{8}$  cup dark green vegetable,  $\frac{1}{2}$  cup other vegetable), and 2.5 oz eq meat/meat alternate.

Nutrients Per Serving			
<b>Calories</b>	312	<b>kcal</b>	<b>Sat Fat</b> 5 <b>g</b>
<b>Protein</b>	17	<b>g</b>	<b>Chol</b> 203 <b>mg</b>
<b>Carb</b>	31	<b>g</b>	<b>Sodium</b> 350 <b>mg</b>
<b>Total Fat</b>	13.5	<b>g</b>	<b>Dietary Fiber</b> 4 <b>g</b>