

Good Nutrition

Recipe: 000030 Green Eggs and Ham (100)

Recipe Source: Evans & Brennan
 Recipe Group: ENTREES

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 egg&Ham Slice

Recipe HACCP Process: #2 Same Day Service

		<p>Recipe adapted with permission by Evans & Brennan, LLC from Green Eggs and Ham Cookbook by Georgeanne Brennan with photographs by Frankie Frankeny</p> <p>TM & copyright © 2006 by Dr. Seuss Enterprises, L.P. Text copyright © 2006 by Georgeanne Brennan (excluding Dr. Seuss excerpts) Photographs copyright © 2006 by Frankie Frankeny (excluding Dr. Seuss images)</p>
009037 AVOCADOS,RAW,ALL COMM VAR..... 902437 LIME JUICE,RAW, FRESH..... 902464 SALT,KOSHER..... 902553 ONIONS,RAW,white..... 902551 Pepper,Serrano,whole, 1/4 oz.....	34 AVOCADO 3 1/4 CUP 2 TBSP + 2 TSP 3/8 LB,Raw,Yield Inc Raw 17 Pepper,Raw,Yield Inc	<p>For the Green Eggs</p> <ol style="list-style-type: none"> 1. Cut the avocados in half and remove the pits. With a spoon, scoop the flesh out into a bowl. Mash it with a fork, then add the lime juice and salt. 2. Peel and mince the white onions. Clean, seed and mince the Serrano pepper. 3. Add the onions and Serrano pepper to the avocado. Mix again. <p>CCP: Hold for cold service at 41° F or lower.</p>
902867 OLIVE OIL, EXTRA VIRGIN..... 001128 EGG,WHL,CKD,FRIED.....	1 1/2 CUP 100 large	<ol style="list-style-type: none"> 4. In a large frying pan, a tilting frying pan or on a grill, heat the olive oil over medium heat. When hot, crack the eggs into the oil. 5. Cover the pan and cook until the yolk has a pale white film over it and is slightly to very firm. 6. With a spatula, gently slide the eggs onto plates or into a shallow pan to hold for service. 7. To serve, spoon the guacamole over each yolk, covering it, then serve immediately. <p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>CCP: Hold at 135° F or higher.</p>

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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007029 HAM,SLICED,Fully Cooked,REG (APPROX 11% FAT).... 902550 Jelly, apple or mint..... 011954 TOMATILLOS,RAW.....	100 Slice, 1.2oz 8 1/3 CUP 25 medium	For the Ham 1. Heat the ham as directed on the product case. If fully cooked , heat to 135 °. CCCP: If not cooked, heat to 145°. 2. Lay the ham slices out on an 18 x 26 x 1" pan. 3. Tomatillos come with an outer husk. Remove the husks of the tomatillos under cold water. This will rinse away the stickiness. Grab a loose end of the husk. Pull it away off the tomatillo. Once you've removed one section, the rest will fall off the fruit easily. Leave the green skin on the tomatillo, it helps to hold the fruit together. After husking, mince the tomatillos. 4. Mix the apple or mint jelly and the minced tomatillos together to make a glaze. 5. Spread the ham all over with the glaze.
902428 CILANTRO-CHOPPED..... 902459 PARSLEY,RAW,CHOPPED.....	2 BUNCH 1/4 LB,Raw,Yield Inc Raw	6. Using your hands (in gloves), pat the cilantro and parsley into the glaze until it is green. Serve one Green Egg alongside a slice of Green Ham for breakfast or breakfast-for-lunch.

*Nutrients are based upon 1 Portion Size (1 egg&Ham Slice)

Calories	365 kcal	Cholesterol	203.84 mg	Protein	13.60 g	Calcium	51.67 mg	57.00%	Calories from Total Fat
Total Fat	23.12 g	Sodium	735.60 mg	Vitamin A	176.54 RE	Iron	1.89 mg	12.09%	Calories from Saturated Fat
Saturated Fat	4.90 g	Carbohydrates	28.62 g	Vitamin A	697.08 IU	Water ¹	*130.38* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	*5.58* g	Vitamin C	13.61 mg	Ash ¹	*3.54* g	31.36%	Calories from Carbohydrates
								14.90%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 3.000 oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.250 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat

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Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	009037	AVOCADOS,RAW,ALL COMM VAR			
I	902437	LIME JUICE,RAW, FRESH			
I	902464	SALT,KOSHER			
I	902553	ONIONS,RAW,white			
I	902551	Pepper,Serrano,whole, 1/4 oz			
I	902867	OLIVE OIL, EXTRA VIRGIN			
I	001128	EGG,WHL,CKD.FRIED			
I	007029	HAM,SLICED,Fully Cooked,REG (APPROX 11%)			
I	902550	Jelly, apple or mint			
I	011954	TOMATILLOS,RAW			
I	902428	CILANTRO-CHOPPED			
I	902459	PARSLEY,RAW,CHOPPED			

Notes

Production Notes:

If you do not have the equipment to fry eggs, you could try these ideas. 1) Bake eggs in sprayed muffin tins or 2) Break eggs onto an oiled baking sheet (touching so the whites don't run) and bake either at 325 degrees regular oven for 12-14 minutes, or 3) use scrambled eggs with a scoop of guacamole on top.

Serving Notes:

Purchasing Guide:

- If you use Turkey Ham, 1.4 oz fully cooked = 1 oz eq Meat/Meat Alternate.
- 1 avocado yields 1/2 cup mashed
- 1 Serrano pepper = about 22 g and yields 4 tsp minced
- 1 lime yields about 3 Tbsp juice
- 1 bunch of cilantro yields 2 cups chopped (credits as 1/2 of volume)

Miscellaneous Notes:

- 3 oz eq Meat/Meat Alternate
- 1/4 cup Other Vegetable, including 1/8+ cup avocado plus contributions from tomatillos, cilantro and parsley which individually are less than 1/8 cup

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