

**MONTEREY EGG BAKE**

**Yield** 100

**Portion** 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	14 g	19 g	6 g	5 mg	473 mg	166 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 POTATOES, WHITE, FROZEN, SHREDDED, HASHBROWN  
 TOMATOES, CANNED, DICED, DRAINED  
 CHEESE, CHEDDAR, LOWFAT, SHREDDED  
 CHEESE, MONTEREY JACK, REDUCED FAT, SHREDDED  
 PEPPERS, GREEN, FRESH, CHOPPED  
 CORN, FROZEN, WHOLE KERNEL  
 PEPPERS, CHILI, GREEN, CANNED, CHOPPED, DRAINED  
 ONIONS, GREEN, FRESH, SLICED  
 SALT  
 PEPPER, WHITE, GROUND  
 EGG SUBSTITUTE, PASTEURIZED  
 WATER  
 MILK, NONFAT, DRY

**Weight**

2 oz  
 9-1/2 lbs  
 4-1/8 lbs  
 2-1/4 lbs  
 2-1/4 lbs  
 2 lbs  
 2 lbs  
 12-1/4 oz  
 1-1/8 lbs  
 1 oz  
 3/8 oz  
 22-1/8 lbs  
 3 lbs  
 3 oz

**Measure**

1/4 cup 1/3 tbsp  
 1 gal 1-1/8 qts  
 1 qts 3-1/2 cup  
 2 qts 1 cup  
 2 qts 1 cup  
 1 qts 2 cup  
 1 qts 1-1/2 cup  
 2-1/2 cup  
 1 qts 1-3/8 cup  
 1 tbsp  
 1 tbsp  
 2 gal 2 qts  
 1 qts 1-3/4 cup  
 1-1/4 cup

**Issue**

2-3/8 lbs  
 1-1/3 lbs

**Method**

- 1 Lightly spray each steam table pan with non-stick cooking spray.
- 2 Combine potatoes, tomatoes, cheddar cheese, monterey jack cheese, green pepper, corn, green chilies, green onions, salt, and pepper; mix well.
- 3 Place 2-1/4 quarts of potato mixture into each steam table pan.
- 4 Combine egg substitute, water and nonfat dry milk; blend until mixed.
- 5 Pour 1-3/4 quarts of egg mixture into each steam table pan; stir to combine.
- 6 Using a convection oven, bake at 325 F. for 55 to 65 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.