

## GREEN PEPPER OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
152 cal	3 g	11 g	10 g	392 mg	121 mg	56 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 PEPPERS, GREEN, FRESH, CHOPPED  
 EGGS, WHOLE, FROZEN  
 COOKING SPRAY, NONSTICK

**Weight**

2 oz  
 7-1/8 lbs  
 20 lbs  
 2 oz

**Measure**

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

**Issue**

8-2/3 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cook chopped fresh sweet peppers until tender.
- 2 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend. Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Sprinkle 2 tablespoons peppers over eggs when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.