

**HAM OMELET**

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	1 g	14 g	11 g	401 mg	352 mg	55 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 HAM,COOKED,BONELESS

**Weight**

20 lbs  
 2 oz  
 4 lbs

**Measure**

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

**Issue****Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 2 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.
- 4 Dice ham. Sprinkle 2 tablespoons ham 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.
- 5 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.