

MUSHROOM OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
151 cal	3 g	11 g	10 g	392 mg	258 mg	57 mg

Ingredient

MUSHROOMS,CANNED,SLICED,DRAINED
 COOKING SPRAY,NONSTICK
 EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK

Weight

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

Measure

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

Issue**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cook mushrooms until tender.
- 2 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 3 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on 325 F. griddle.
- 4 Cook until bottom is golden brown. DO NOT STIR. When omelet is partially set, sprinkle about 1-1/2 tablespoon mushrooms over eggs and continue cooking until eggs are set and well done. If necessary when cooking, lift cooked portion with spatula to let uncooked mixture flow underneath. 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.