

ONION OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
150 cal	3 g	11 g	10 g	392 mg	121 mg	57 mg

Ingredient

ONIONS,FRESH,CHOPPED
 COOKING SPRAY,NONSTICK
 EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK

Weight

4-1/4 lbs
 2 oz
 20 lbs
 2 oz

Measure

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

Issue

4-2/3 lbs

Method

- 1 Lightly spray griddle with non-stick cooking spray. Cook onions until tender.
- 2 Place thawed eggs in a 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. If necessary, gently lift cooked portion with a spatula to permit uncooked portion to flow underneath. Sprinkle 1 tablespoon onions 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.