

TOMATO OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
145 cal	2 g	11 g	10 g	392 mg	123 mg	55 mg

Ingredient

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

Weight

20 lbs
 2 oz
 6-3/4 lbs

Measure

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

Issue

6-7/8 lbs

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 each individual omelet on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift with a spatula to permit uncooked mixture to flow underneath. Sprinkle 2 tablespoons tomatoes over eggs when partially set. Continue cooking until eggs are set. 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.