

## WESTERN OMELET

Yield 100

Portion 1 Omelet

| Calories | Carbohydrates | Protein | Fat  | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 170 cal  | 4 g           | 13 g    | 11 g | 396 mg      | 237 mg | 60 mg   |

**Ingredient**

ONIONS,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 PEPPERS,GREEN,FRESH,CHOPPED  
 HAM,COOKED,BONELESS  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

4-1/4 lbs  
 2 oz  
 5-1/4 lbs  
 2 lbs  
 20 lbs  
 2 oz

**Measure**

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

**Issue**

4-2/3 lbs  
 6-3/8 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cook onions and peppers until tender.
- 2 Chop or grind ham. Combine cooked onions and peppers with chopped ham; mix thoroughly.
- 3 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 4 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on griddle.
- 5 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 about 3 tablespoons onion/pepper/ham mixture 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.
- 6 Fold omelet in half or into thirds making a long, oval shaped omelet. CCP: Hold for service at 140 F. or higher.