

EGG FOO YOUNG

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
157 cal	4 g	10 g	12 g	134 mg	490 mg	27 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
OIL,SALAD	7-2/3 oz	1 cup	
FLOUR,WHEAT,GENERAL PURPOSE	8-7/8 oz	2 cup	
CHICKEN BROTH		1 gal	
SOY SAUCE	10-1/8 oz	1 cup	
MOLASSES	1-1/2 oz	2 tbsp	
ONIONS,FRESH,CHOPPED	1-1/3 lbs	3-3/4 cup	1-1/2 lbs
PEPPERS,GREEN,FRESH,CHOPPED	7-7/8 oz	1-1/2 cup	9-5/8 oz
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
CHICKEN,COOKED,DICED	4 lbs		
BEAN SPROUTS,CANNED,DRAINED	1-7/8 lbs	3 qts 2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
EGGS,WHOLE,FROZEN,BEATEN	6 lbs	2 qts 3-1/4 cup	
OIL,SALAD	1 lbs	2 cup	

**Method**

- 1 Blend salad oil or shortening and flour; stir until smooth.
- 2 Prepare broth according to package directions. Add flour mixture to broth; mix well. Bring to a boil; reduce heat; simmer 10 minutes or until thickened.
- 3 Add soy sauce and molasses to sauce; simmer 5 minutes.
- 4 Saute onions and peppers in salad oil or olive oil until tender.
- 5 Combine sauteed vegetables, meat, bean sprouts, and pepper; mix well.
- 6 Add eggs to meat mixture; blend well.
- 7 Place 1/3 cup mixture on 375 F. well greased griddle; cook about 3 minutes on each side or until well done. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 Pour 2 tablespoons sauce over each omelet just before serving. CCP: Hold for service at 140 F. or higher.