



JERSEY TASTES!

RECIPES

Green Eggs & Ham

INGREDIENTS:

FAMILY-SIZE

SERVES: 4

PORTION SIZE: 3/4 CUP

- 2 cups Kale, stems removed
- 1 cup Broccoli, frozen chopped & thawed
- 4 Eggs
- 2 tablespoons Milk, low-fat
- 2 tablespoons Butter or Margarine
- 1/2 cup Cheddar Cheese, shredded
- 4 slices Ham, cooked *



* Ham can also be chopped & added to egg mixture.



Fun Fact:
Kale has more calcium than milk!

SCHOOL FOOD SERVICE

PORTIONS: 24

PORTION SIZE: 3/4 CUP

- 2.5 pounds Kale, stems removed
- 2.5 pounds Broccoli, frozen chopped & thawed
- 24 Eggs, large or 2.5 pounds Whole Liquid Eggs
- 3/4 cup Milk, low-fat
- Pan Spray
- 3 cups Cheddar Cheese, shredded
- 1.5 pounds Ham, cooked *



* Ham can also be chopped & added to egg mixture.

Portion Size: 3/4 cup plus ham = 3 oz. Meat Alt.; 1/2 c Veg/Dk. Green

FAMILY-SIZE DIRECTIONS:

- 1 In blender, food processor or with immersion blender combine kale, broccoli, eggs & milk. Add more milk if necessary. Blend until mixture looks like a green smoothie.
- 2 Melt butter or margarine in fry pan. Once melted, pour egg mixture into pan over medium heat. Sprinkle cheese over egg mixture.
- 3 Use spatula & gently scrape up eggs as they cook, pushing them to the outside of the pan, letting uncooked portions run towards center.
- 4 Cook thoroughly. Serve with ham.

FOOD SERVICE DIRECTIONS:

- 1 Follow #1 in directions above. (Vegetables can be processed separately. Use 2 additional cups of milk or more. Add to beaten eggs.)
- 2 Coat steam table pan (12" x 20" x 2.5") with pan spray. Pour egg mixture into pan. Sprinkle cheese over egg mixture.
- 3 Bake:
 - Convection Oven 300°F for 15-20 minutes
 - Steamer 5 lb. pressure for 3-5 minutes
- 4 Remove from oven or steamer. Stir eggs. Portion with #5 scoop or 6 ounce spoodle. Serve with ham.

RECIPES MADE IN COLLABORATION WITH:

