

CHEESE OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
198 cal	1 g	14 g	15 g	407 mg	212 mg	160 mg

Ingredient

EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK
 CHEESE,CHEDDAR,SHREDDED

Weight

20 lbs
 2 oz
 3-1/4 lbs

Measure

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

Issue**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 individual omelets on 325 F. griddle.
- 3 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 2 tablespoons cheese over each omelet 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.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.