

Scout Sandwich

Makes: 96 servings

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Ingredients	Weight	Measure
Green bell pepper, diced		4 cups
Eggs, large, beaten	96 each	
Milk, non-fat (or water)		1 qt
Olives, ripe, canned, chopped		1 1/2 cups
Mexican seasoning		1 1/2 oz
Tomatoes, seeded, and diced	4 lbs	
Cheddar cheese, shredded	2 lbs	
Pita bread, halved	48 each	

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	119	
Total Fat	3.9 g	
Protein	10.4 g	
Carbohydrates	10.5 g	
Dietary Fiber	0.7 g	
Saturated Fat	1.5 g	
Sodium	287 mg	

Directions

1. Use a large non-stick pan, or coat pan with non-stick spray. Saute 1/2 cup bell pepper for 1 minute over medium heat; reduce heat to medium low.
2. Blend 12 eggs (or 1 lb, 5 oz of liquid egg), 1/2 cup milk or water, 3 Tbsps. olives and 1 tsp. seasoning in bowl, pour over bell peppers. Cook, scrambled-egg style, until eggs are almost firm.
3. Stir in 1/2 cup tomatoes and 2/3 cheese, continue cooking until firm throughout, with no visible liquid egg remaining and cheese is melted. Keep warm.

4. Portion 1/2 cup (#8 scoop) cooked egg mixture into each pocket of halved pita bread. Seve immediately.