

Baked Asparagus Omelet

Makes: 50 servings

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Ingredients	Weight	Measure
Fat-free egg substitute	8 lb.	3 1/2 qt.
Low-fat milk	9 lb.	4 1/2 qt.
All-purpose flour	1 lb.	1 qt
Asparagus cuts and tips, canned, drained	6 lb. 5 oz.	1 No. 10 can
Low-fat cheese (Cheddar, mozzarella, Jack, Colby or a combination), shredded	1 lb.	1 qt.

Directions

1. Gently whisk together egg substitute, milk and flour. Add shredded cheese, bacon bits and 1/2 of the Parmesan cheese, stirring to evenly distribute. Add salt and pepper to taste.
2. Spray two (20 x 12 x 2 1/2-inch) baking pans with nonstick cooking spray.
3. Portion half (13 lb. 6 oz.) of the egg mixture into each dish. Bake at 350 degrees in a conventional oven for 30 minutes.
4. Sprinkle on remaining Parmesan; bake another 15 to 30 minutes or until the middle is set and a knife inserted into the center comes out clean.
5. Cut into 50 squares. Serve hot.

Notes

Serving Tips:

Serving suggestion: Cut servings into long strips and serve them wrapped in tortillas with salsa.