

Sunshine Egg Bake

Main Dish

Recipe KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground turkey, raw		3 lbs. 8 oz.			<p>1. Cook the turkey in a skillet until the meat is light brown and reaches 165 °F.</p> <p>2. Cut or break the bread into small pieces and place in baking pan coated with pan release spray. Sprinkle the cooked turkey, cheese, broccoli, and onion (optional) over the bread.</p> <p>3. Mix the eggs, milk, salt, and black pepper together in a bowl with a fork.</p> <p>4. Pour the mixture over the bread slices.</p> <p>5. Bake in 350°F oven until the product has reached an internal temperature of 165°F (about 35 minutes).</p> <p>CCP: Hold for hot service at 135° F or higher.</p>
WGR bread, slices		22 slices			
Shredded cheddar cheese		1 ½ cup			
Frozen broccoli, chopped, thawed		3 cup			
Chopped onion (optional)		¾ cup			
Pasteurized fresh eggs		32 large			
Low-fat milk		4 ½ cup			
Salt		2 ½ tsp			
Black pepper		1 ½ tsp			

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Notes:
Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 piece provides 2 oz meat/meat alternate	Yield:	Volume:
1-2 years: ½ piece	50 Servings:	50 Servings:
3-5 years: ¾ piece		
6-18 years: 1 piece	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	118.29 kcal	Saturated Fat	3.06 g	Iron	1.60 mg
Protein	13.66 g	Cholesterol	149.25 mg	Calcium	97.59 mg
Carbohydrate	11.67 g	Vitamin A	68.99 RAE	Sodium	280 mg
Total Fat	7.40 g	Vitamin C	6.88 mg	Dietary Fiber	2.10 g (2016 = 0.34)