

## CHEESY SAUSAGE BREAKFAST BAKE

This breakfast bake has a base of cheesy seasoned rice combined with breakfast sausage crumbles. Protein can be interchanged with other meats.

ONE PORTION PROVIDES:

1 oz. eq. whole grain, 1.5 oz. m/ma



INGREDIENTS	24 SERVINGS	48 SERVINGS	DIRECTIONS
U.S.-grown Rice, brown, long-grain, parboiled, dry		3 1/8 pounds	<ol style="list-style-type: none"> <li>Combine rice and water in a 4-inch steamtable pan for 48 servings. Stir to combine. Cover tightly. <ul style="list-style-type: none"> <li>OVEN METHOD: Cook in a 350 °F oven for 20 minutes.</li> <li>STEAMER METHOD: Cook in a steamer for 15 to 20 minutes.</li> </ul> <i>CCP: Heat to 135 °F for at least 15 seconds.</i> </li> <li>Remove from oven or steamer and let sit for 10 to 15 minutes.</li> <li>Cool properly. <i>CCP: Cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.</i> </li> </ol> <p><b>OR, use 1 ½ gallon of cooked, cooled rice for 48 portions.</b></p>
Water		3 quarts	
Egg (.5 oz m/ma)	12 eggs	24 eggs	
Milk, lowfat	2 cups	1 quart	
Onion, granulated	2 tablespoons	4 tablespoons	<ol style="list-style-type: none"> <li>Preheat oven to 350 °F.</li> <li>Mix egg, milk, and seasonings together in a large bowl.</li> </ol>
Garlic, granulated	2 tablespoons	4 tablespoons	
Salt, kosher	1 ½ teaspoons	1 tablespoon	
Black pepper, ground	1 teaspoon	2 teaspoons	
Cheese, cheddar, shredded, low sodium (.5 oz m/ma)	12 ounces	1 ½ pound	<ol style="list-style-type: none"> <li>For 24 servings: spray a 2-inch steamtable pan with pan spray. Use two pans for 48 servings.</li> </ol>

Turkey sausage crumbles, low sodium	8 ounces	1 pound	<p>7. Place chilled rice in a layer at the bottom. Sprinkle evenly with sausage crumbles and cheese.</p> <p>8. Pour egg mixture over the top and evenly distribute in the pan.</p> <p>9. Cover and bake for 45 minutes.</p> <p>10. Remove from oven and add remaining cheese. Cover and place in warmer for 15 minutes to allow cheese to melt. Cut into 6 rows of 4.</p> <p>11. Cut the pan 4 by 6 for 24 portions.</p>
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NUTRITION INFORMATION					
1 serving =					
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	240		Total Carbohydrate	27	(g)
Total Fat	9	(g)	Dietary Fiber	1	(g)
Saturated Fat	4.5	(g)	Added Sugars	0	(g)
Cholesterol	110	(mg)	Vitamin D	1	(IU)
Sodium	200	(mg)	Calcium	143	(mg)
Protein	12	(g)	Iron	1	(mg)

## NOTES

## YIELD/VOLUME

## SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

## Recipe Analysis Workbook (RAW)

**Recipe Name:** Cheesy Sausage Breakfast Bake

**Servings per Recipe:** 48

**Recipe Number:**

**Serving Size:** 1 square

### Meal Pattern Contribution

	Meats/Meat Alternates	<b>1.50</b> oz eq
	Grains	<b>1.00</b> oz eq

**1 square provides 1.50 oz eq meat/meat alternate, 1.00 oz eq grains**

**NOTE:** Total creditable amount cannot exceed the serving size of the product.

## Other Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Vegetables, Mixed, frozen, Peppers and Onions, Includes USDA Foods</b>	Pound	7.71	1/4 cup cooked, drained vegetable	1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained mixed vegetables	0.0000	0.0000	0.0000

## Meats/Meat Alternates

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Cheese, American, Cheddar, Mozzarella, or Swiss, Natural or Process, Includes USDA Foods</b>	Pound	16.00	1 oz Cheese	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese	1.5000	0.0000	1.5000
<b>Eggs, Frozen Whole Eggs, Pasteurized, Includes USDA Foods</b>	Pound	9.00	1 large egg provides 2 oz meat alternate	1 lb frozen = about 1-7/8 cups (9 large eggs)	2.6700	0.0000	2.6700
<b>Pork Sausage, fresh or frozen, Bulk, Link, or Patty, Market Style, Raw</b>	Pound	7.52	1 oz cooked lean meat	1 lb AP = 0.47 lb cooked lean meat	1.0000	0.0000	1.0000

## Method B - Grains Based on FBG

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
<b>Rice (Group H), Brown, Long grain, Parboiled, Dry, Includes USDA Foods</b>	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	3.1250	3.1250