



Pureed Broccoli Cheese Egg Dish





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⌚ 10-30 MINS IDDSI LEVELS 4 5 6



INGREDIENTS

	1 serving	6 serving	12 serving
PAN SIZE	Individual pan	8 x 8 square pan	9 x 13 pan
Scrambled Eggs, prepared	1 egg	6 eggs	12 eggs
Milk	2 tsp	1/4 cup	1/2 cup
T&E® Instant Food & Beverage Thickener	1/2 tsp	1 Tbsp	2 Tbsp
Salt	Dash	1/2 tsp	1 tsp
Black Pepper	Dash	1/4 tsp	1/2 tsp
Dry mustard	Dash	1/2 tsp	1 tsp
Cheese, finely shredded*	4 tsp	1/2 cup	1 cup
Broccoli, well cooked and drained	1/3 cup	2 cup	4 cups
Broth or water	2 tsp	1/4 cup	1/2 cup
Butter or margarine	1/4 tsp	2 tsp	1 Tbsp + 1 tsp
T&E® Instant Food & Beverage Thickener	3/4 tsp	1 1/2 Tbsp	3 Tbsp
Cheese sauce for garnish, if desired	As needed	As needed	As needed

*Such as cheddar, Monterey Jack, or Colby
**Nutrition information calculated using cheddar cheese

NUTRITION**

Serving Size:
1 - #10 scoop
(scant 1/2 cup)

Calories: 170

Total Fat: 11g

Saturated Fat: 4.5g

Trans Fat: 0.5g

Cholesterol: 180mg

Sodium: 370mg

Total Carbs: 7g

Dietary Fiber: 2g

Total Sugars: 2g

Added Sugars: 0g

Protein: 11g

Calcium: 10% DV

Iron: 6% DV

Potassium: 4% DV

Vitamin D: 4% DV

DIRECTIONS

1. Spray pan(s) or dish with non-stick cooking spray.
2. Puree scrambled eggs and milk in blender or food processor until smooth.
3. Add salt, pepper, dry mustard, T&E® Instant Food & Beverage Thickener & 1/2 of the cheese
4. Process briefly until ingredients are well blended.
5. Randomly drop scoopfuls of egg mixture into pan.
6. Puree broccoli with water until smooth. Add T&E® Instant Food & Beverage Thickener and the other half of the cheese. Process until ingredients are well blended.
7. Randomly drop scoopfuls of broccoli mixture next to egg in pan. Spread evenly.
8. Insert a knife or flat spatula into the pan and pull through puree to gently swirl the two mixtures together.
9. Cover tightly with aluminum foil and bake at 350°F until temperature reaches 165°F. About 10 - 15 for 1 serving, 20 - 25 for 6 servings and 25 - 30 for 12 servings.
NOTE: Times are approximate and should be adjusted for differences in oven and/or steamer conditions.
10. Portion one #10 scoop (scant 1/2 cup) per serving.