

Breakfast Egg Rolls



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51192
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	1 Cup 9 Tablespoon (25 Tablespoon)		292702
SAUSAGE LINK LO SOD CKD	125 Each	chopped	278201
PEPPERS ASST RNBW	3 Cup 2 Tablespoon (3 1/8 Cup)	chopped	266985
ONION GREEN	3 Cup 2 Tablespoon (3 1/8 Cup)	chop	596981
EGG WHL LIQ W/CITRIC	3 Cup		431491
MILK WHT FF	1 Cup		557862
CHEESE CHED MLD SHRD 4-5 LOL	6 Cup 4 Tablespoon (6 1/4 Cup)		150250
EGG ROLL WRAPPER 7INX7IN	100 Each		328618

Preparation Instructions

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Heat an oven to 425° F. Line a baking sheet with parchment paper.

In large skillet, heat 1 tablespoon vegetable oil over medium heat. Add turkey sausage links, bell pepper and green onions. sauté until meat is golden and hot. Transfer to a medium sized bowl and keep warm.

In medium bowl, lightly beat eggs and milk.

Using the same skillet, heat 1 teaspoon of oil over medium heat, and add egg mixture. Cook, stirring frequently, for 3 to 5 minutes. Remove the eggs from heat and add to bowl with the sausage. Add the cheese and mix well.

To assemble: Place egg roll skin on clean surface with one corner pointing away. Spoon heaping ¼ cup of sausage/egg mixture onto one corner of the egg roll skin. Fold the corner over, tucking in under filling. Fold in the side corners and roll to opposite corner. To seal, wet the edge of skin with water and press firmly. Repeat with remaining egg roll skins.

Place on lined baking sheet. Using the remaining oil, brush each roll lightly. Bake in oven for approximately 20 minutes, or until skins are golden and crispy.

Recipe Notes

NOTE: To serve later, place egg rolls on parchment-lined cookie sheet and freeze. Once fully frozen, place egg rolls in freezer-safe zipper bag for long-term storage. When ready to use, thaw completely and bake as directed above, adding an extra 5 minutes if necessary for filling to become hot.

Crediting: 2-oz-eq. meat/meat alternative

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		289.48	
Fat		20.75g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		32.66mg	
Sodium		313.91mg	
Carbohydrates		17.03g	
Fiber		0.44g	
Sugar		0.56g	
Protein		8.77g	
Vitamin A	5.00IU	Vitamin C	0.00mg
Calcium	57.24mg	Iron	0.45mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available