

Very Veggie, Egg & Pretzel Panini (HACCP Process #2)

Yield: 25 servings (1 sandwich, 6 oz., 174 g)

Meal Equivalencies: 1.5 oz. eq. meat/meat alternate, 2.5 oz. eq. grain, 1/8 cup other vegetable, 1/8 cup red/orange vegetable, 1/8 cup dark green vegetable

Directions

1 day prior to day of service:

- Pull eggs from freezer.
- Place pans on lowest available shelf in cooler to thaw.
CCP: Hold below 41° F.
- Wash hands thoroughly.

Day of service:

PRE-PREP

- Clean and sanitize prep area.

PREP

- Pull mushrooms from cooler and place at produce sink.
- Place mushrooms on screen and rinse gently to remove any grit remaining. Do not soak mushrooms. Do not scrub mushrooms. As necessary, wipe gently.
- Wash hands thoroughly and put on gloves.
- Slice mushrooms lengthwise about 1/8" thick.
- Place mushroom slices on a parchment covered sheet pan.

COOK

- Bake in preheated convection oven at 350° F with fan on high for 5 minutes. **SOP:** Batch cook as necessary to insure best end product and nutritional.
- Pull egg patties from cooler and place at workstation.

Ingredients

Whole Round Egg Patty, 3.5"	25 pieces
Soft Pretzel WGR Buns, 2.7 oz. each	25 pieces
Mushrooms, Portabella	1 lb. 9 oz.
Tomatoes, Medium, Fresh, Sliced	1 lb. 9 oz.
Spinach, Baby, Fresh, RTU	1 lb.
American Cheese, Sliced, RF/RS, 0.5 oz. slices	12.5 oz.
Pan Spray	1 tsp.



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Day of service continued:

COOK CONT.

- Place one layer of egg patties on a sheet pan. Spray lightly with vegetable spray.
- Place uncovered in 250° F preheated convection oven and bake for 10-12 minutes if thawed (18-20 if frozen). **CCP:** Heat until an internal temperature of 165° F is reached for 15 seconds.

HOLD

- Hold in warming cart until assembly. **CCP:** Hold above 135° F.

PREP

- Pull tomatoes, spinach, cheese and buns from cooler and place at workstation.
- Wash hands thoroughly and put on gloves.
- Pull buns from cooler and place at workstation.
- Turn on Panini machine to preheat.
- Wash hands thoroughly and cover with gloves.
- Assemble sandwiches by placing 1 egg patty on bottom of bun.
- Top with 4 slices of mushrooms, 1/4 cup fresh spinach leaves (about 20 pieces) and 2 slices of tomato.
- Top with cheese and bun.
- Press firmly together.
- Spray Panini machine lightly.
- At 400° F grill Panini for 3 minutes.

HOLD

- Hold in warming cart, above 135° F. **CCP:** Hold above 135° F.

SERVE

- 1 Panini. **CCP:** Hold above 135° F.

Nutritional Facts		
Serving Size 6 oz. (174 g)		
AMOUNT PER SERVING		
Calories 310	Calories from Fat 100	
PERCENTAGE OF CALORIES FROM		
Total Fat	31%	
Saturated Fat	12%	
Protein	17%	
Carbohydrate	54%	
AMOUNT		
% DRI*		
Total Fat	11 g	17%
Saturated Fat	4.5 g	21%
Total Trans	0 g	0%
Cholesterol	105 mg	35%
Sodium	270 mg	11%
Total Carbohydrate	42 g	14%
Dietary Fiber	4 g	14%
Sugars	5 g	0%
Protein	14 g	27%
AMOUNT		
% DRI*		
Vitamin A	1180 IU	24%
Vitamin C	6 mg	9%
Potassium	46	1%
Calcium	163 mg	16%
Iron	3 mg	14%
*Percent of DRI is based on 2000 calorie diet.		

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