


**THICK
& EASY**

Pureed Broccoli Cheese Egg Dish





Pureed Broccoli Cheese Egg Dish

⌚ 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
THICK & EASY® Instant Food Thickener - Tub Item: 007941	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	1/4 tsp	1/2 tsp
Cheese, finely shredded*	2 tsp	1/4 cup	1/2 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
THICK & EASY® Instant Food Thickener - Tub Item: 007941	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

Vitamin D: 6% DV

Calcium: 10% DV

Iron: 6% DV

Potassium: 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, first amount of **THICK & EASY® Instant Food 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 second amount of **THICK & EASY® Instant Food 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.