

Name: **Garden Breakfast Skillet**

Description: Spinach sauteed with vegan (or vegetarian) sausage, sweet potatoes, broccoli, mushrooms and tomato, with beans for protein

Serving Size: 1 serving

Portions: 24

Measures	Ingredients	Prep
1/4 cup	OIL BLEND VEGETABLE 90 / EVO 10	
1 lb, 8 ozw	SAUSAGE VEGETARIAN or vegan PATTY 1.34 OZ FZ	THAWED, DICED 1/2"
1 lb, 2 ozw	VEGETABLE FRESH SPINACH BABY	
1 qt, 2 cup	Roasted Sweet Potatoes	M10094
1 qt, 2 cup	Steamed Broccoli Florets	M9894
3 cup	Sauteed Mushrooms	M3697
1 lb, 2 ozw	VEGETABLE FRESH TOMATO 6 X 6	CORED, DICED 1/2"
27 ozw	Black beans, drained	

Cook Time	0 Hrs. 0 Mins.
Cook Temp	Convention: °F Standard: °F
Internal Temp	°F - °F
Serving Temp	140 °F - 160 °F
Hold Time	0 Hrs. 0 Mins.

Directions:

FOR 1 SERVING

- In saute pan over high heat, heat 1/2 tsp oil. Add the following:
 - 2-oz spoodle vegetarian/vegan sausage patty
 - 4-oz spoodle spinach
 - 2-oz spoodle Sweet Potatoes
 - 2-oz spoodle Broccoli
 - 1-oz spoodle Mushrooms
 - 1-oz spoodle tomato

Stir-fry until vegetables are tender-crisp and vegetarian or vegan sausage is browned, 2 to 3 minutes. Add black beans

TO PLATE 1 SERVING:

- On serving plate, layer the following:
 - 6-oz spoodle stir-fry mixture
- Serve immediately.

If facility prepares this recipe with vegan breakfast sausage, facility may choose to list item on Go For Green card as “**Garden Breakfast Skillet** (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey. If breakfast sausage is vegetarian, facility may choose to list item on Go For Green card as “**Garden Breakfast Skillet** (vegetarian)”.

Distributions:						
Amount	Station	Sub-assembly of	Serving Size	Date	Meal Period	No of Portions
24 serving			1 serving			24