



# Pureed Broccoli Cheese Egg Dish





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⌚ 10-30 MINS    IDDSI LEVELS 4 5 6



## INGREDIENTS

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