Green Eggs & Ham Potato Bowl

Serves 32 (½ cup potatoes, 1 oz. eggs, ½ oz. ham)
Per Serving 184 cal., 5 g fat, 8 g pro., 25 g carb., 1 g fiber, 335 mg sod.
Meal Pattern 1.5-oz.-eq. meat/meat alternate, ½ cup starchy vegetables
Cost Per Serving $0.45

2 ¼ lb. scalloped potato casserole mix, reduced-sodium, packaged*
1 lb., 13 oz. eggs, liquid, frozen, thawed
1 lb., 4 oz. ham, 97% fat-free, diced
1 gal., 1 qt. water, boiling
½ cup granulated garlic
Green food coloring
Cooking spray

1 Thaw the eggs and ham in the refrigerator the day before preparing the recipe.
2 Heat the ham according to package instructions. Hold until service.
3 Add 5 qt. boiling water to a 2 ½-in.-deep full-size steamtable pan. (Use 4 ½ qts. if cooking in a conventional oven, rather than a convection oven.) Stir in the sauce mix for the potatoes until dissolved. Add potato slices. Stir.
4 Bake in a preheated convection oven at 300°F or in a conventional oven at 400°F for 45 to 60 minutes.
5 While the potatoes are baking, whisk the granulated garlic into the thawed eggs and add green food coloring until the desired color is reached. Evenly distribute the egg mixture into separate 12 x 2 or 4-in. steamtable pans that have been lightly coated with span spray. Cover and steam for 10 to 15 minutes, or until an internal temperature of 165°F has been reached. Stir and chop the eggs.
6 Place ½ cup (#8 disher) of potatoes into a bowl or boat. Top with 1 oz. (#30 disher) of green scrambled eggs and ½ oz. (#20 disher) of diced ham.

*Notes: Basic American Foods Scalloped Potato Casserole, Reduced-Sodium, can be used in this recipe.

Recipe and Photo: Basic American Foods, www.boffoodservice.com

Nutritional, Meal Pattern and Cost Analyses: Rebecca J. Polson, CC, SNS, Instagram: @ChefRebeccaK12