

Turkey Kielbasa, Spinach Frittata Sandwich on a Multigrain Flat Bread
Oven Roasted Potatoes, Fresh Fruit

Yield: 4 servings

Amount	Unit of Measurement	Ingredient	Preparation
4	oz	spinach	chiffonade
4	oz	Onion	Small dice
4	oz	turkey kielbasa	Small dice
4	oz	sharp cheddar cheese	Shredded
12	oz	eggs	Scrambled
1	Tbsp	parsley	chop and reserve for garnish
4	each	flatbread	toast/warm
1	oz	oil	
12	oz	potatoes	Medium Dice
2	oz	red pepper	Small dice
1	oz	onion	small dice
1	oz	grapes	
1	oz	honey dew	scooped
1	oz	pineapple	medium dice
1	oz	cantaloupe	scooped

Directions:

Frittata

1. Sweat spinach and Onion with turkey kielbasa,
2. Pour half of the egg whites in pan then add veggies and half oz of cheese then pour rest of egg white and top with the other half oz of cheese
3. Put in deck oven at 350-375 and let cook till its set check here and there aprx 30 min
4. Take out cut them in squares and place on warm flatbread then plate

Potatoes

1. blanch potatoes by placing in cold water, bring to a boil, drain when al dente
2. Toss with peppers, onions and oil and place on sheet tray
3. Put in convection over and cook until they are golden brown
4. take out and plate

Fruit Bowl

1. Wash, peel and cut melon and pineapple. Wash grapes and pick from stems
2. Combine fruit and place in cups