

22 Frittata



EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

INGREDIENTS

- Eggs (refrigerated 38°F) _____ 3.5 dozen
- Steamed kale _____ 4 cups
- Steamed broccoli _____ 4 cups
- Shredded Cheese _____ 2 cups
- Salt and pepper _____ To taste
- Pan spray _____ As desired

PROCEDURE

- 1 Mix eggs, kale, broccoli, and chosen seasoning.
- 2 Use pan coating spray prior to adding egg mix.
- 3 Place pan in Sonic Steamer.
- 4 Press POWER once, turn the dial and set time in the chart below. Press START.

MODEL	POWER	TIME
NE-3280	HI	6 min.
NE-2180	HI	8 min.

- 5 Remove and serve.