





INGREDIENTS

- 3 Cups Plantains (from about 3 ripe plantains)
- ½ Cup Tomato (chopped)
- ½ Cup Red Bell Pepper (chopped)
- ½ Cup Green Bell Pepper (chopped)
- 1 Tablespoon Olive Oil
- 1 Cup Onion (chopped)
- ½ Teaspoon Garlic Powder
- 8 Large Eggs (beaten)
- 8 Hot Dogs (frankfurters), without meat or poultry byproducts, cereals, binders or extenders, 2 oz each (chopped)
- 1 Teaspoon Crushed Pepper Flakes
- ½ Teaspoon Salt or Bouillon Powder (add more to taste)
- ½ Teaspoon Italian Seasoning

DIRECTIONS

1. Peel the skin of the plantains, then cut into rounds about ¼ inch thick.
2. Pan-fry plantain until lightly golden brown and set aside
3. In a sauce pan, heat a tablespoon of oil. Sauté onions and garlic until fragrant and translucent. Add the the chopped tomatoes and peppers and stir fry for about 1 minute.
4. Season with with salt or bouillon powder. Add the chopped hotdogs and stir fry for another minute. Turn off heat and set aside to cool.
5. Preheat the oven to 350°, lightly grease a 10 inch cast iron skillet or quiche dish.
6. Mix the cooled stir fry mix into the beaten eggs. Stir to combine.
7. Pour into the greased cast iron skillet.
8. Bake in the lower rack of the oven for 25-30 minutes or until center firms up.
9. Let cool for about 5 mins. Cut into 10 slices and serve warm.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

-  Breakfast

YIELD

10 Slices

PORTION SIZES

- Toddler:** ½ Slice
- Preschool:** 1 Slice
- School Age:** 1 Slice
- Adult:** 1 Slice