

SOUTHWEST FRITATTA

STEP-BY-STEP



Spray and line a 2" deep full size steamtable pan.



Drain and rinse beans, dice peppers, then combine with thawed corn in a bowl.



Combine yogurt and taco seasoning. Add eggs and whisk well.



Divide black bean corn mixture equally between pans (3 1/3 cups/pan).



Pour egg and yogurt mixture (1 qt 2 cups) on top. Bake at 350°F convection ~20-25 minutes.



Mix cheeses together, sprinkle on top, and cook 5 more minutes. Cut into 48 pieces, 8 x 6 for 1.25 oz eq m/ma servings.