



Sunny Baked Eggs and Vegetables

Servings 6 | Prep time 15 mins. | Total time 60 mins.

Equipment:

Medium square or round baking dish
Cutting board
Large frying pan
Large bowl

Utensils:

Knife
Mixing spoon
Whisk or fork
Measuring cups and spoons

Ingredients

Non-stick spray
1 tablespoon olive oil OR vegetable oil
1 onion, finely chopped
2 cups vegetables (bell pepper, mushrooms, spinach, grated carrots, zucchini, peas, tomatoes, etc.), finely chopped
6 large eggs
1/2 cup low-fat milk
1/4 teaspoon black pepper
4 slices whole wheat bread, cut in 1/2 inch cubes
1/2 cup cheese, shredded

Nutritional Information:

Calories 200
Total Fat 11g
Sodium
310mg Total
Carbs 14g
Protein 12g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 350 degrees.
3. Heat oil in a large frying pan over medium heat. Add vegetables and cook for 5-8 minutes, or until tender. Remove from heat and allow to slightly cool.
4. Using a whisk or fork, mix together eggs, milk, and black pepper in a large mixing bowl.
5. Spray baking dish with non-stick spray. Arrange bread cubes in the bottom of the baking dish and sprinkle with shredded cheese.
6. Evenly distribute cooked vegetables on top of the bread and cheese. Pour egg mixture over the top.
7. Bake for 45 minutes or until the center is set. Allow to sit for 10 minutes before serving.