



Sunny Baked Eggs and Vegetables

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

Equipment: 2 quart baking dish or pan (square or round), Cutting board, Large skillet, Large bowl

Utensils: Knife, Spoon to mix, Whisk or fork

Ingredients

Non-stick spray

1 tablespoon olive or vegetable oil

1 onion, finely chopped

2 cups mixed vegetables, finely chopped (bell pepper, mushrooms, spinach, grated carrots, zucchini, peas, tomatoes, etc.)

6 large eggs

1/2 cup non-fat milk

1/4 teaspoon ground black pepper

4 slices whole-grain bread, cut in 1/2 inch cubes (about 4 cups)

1/2 cup shredded cheese

Instructions

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Preheat oven to 350 degrees.
3. Heat oil in a large skillet over medium heat. Add vegetables and cook for 5-8 minutes or until tender. Remove from the heat and allow to cool slightly.
4. Using a whisk or fork, whisk together eggs, milk, and 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 and 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.

Nutritional Information:

Calories 200

Total Fat 11g

Sodium 310mg

Total Carbs 14g

Protein 12g