



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, Box grater, Skillet (10 inches), Large mixing bowl
Utensils: Knife, Spoon to mix

Ingredients

Cooking spray

1 tablespoon olive oil

1 onion, finely chopped

2 cups sliced or diced vegetables on hand: sweet pepper, mushrooms, spinach, grated carrots, zucchini, yellow squash, peas, black beans, tomatoes

6 large eggs

1/2 cup fat-free 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. Put rack in center of oven and preheat oven to 350 degrees.
3. Spray 2 quart baking dish (square or round) with cooking spray.
4. Heat oil in a 10-inch non-stick skillet. Sauté onion and vegetables for 5-8 minutes, until tender. Remove from heat to cool.
5. Beat eggs, milk, and pepper in large bowl, Set aside.
6. Arrange bread cubes in bottom of pan. Sprinkle with shredded cheese.
7. Add sautéed vegetables.
8. Pour in egg mixture.
9. Bake uncovered for 45 minutes, until set. Egg dishes should be cooked to 160 degrees.
10. Allow to sit for 10 minutes before serving.

Nutritional Information:

Calories 200

Total Fat 11g

Sodium 310mg

Total Carbs 14g

Protein 12g