Breakfast Egg Casserole

Try other vegetables like spinach, sweet potato, tomato, or jalapeños.
Portion the slices into 6 portions, wrap, and freeze separately.
Reheat in the microwave for a quick breakfast!

Equipment you'll need:

- Knife
- Cutting board
- Measuring cups and spoons
- Sauté pan
- Large bowl
- Whisk or fork
- Spatula
- Baking Dish

Instructions

Wash hands and then rinse vegetables before starting.

Preheat oven to 350 degrees

In a sauté pan, heat oil over medium heat. Add the bell pepper, onion, potato, salt, and pepper and cook for 5-10 minutes or until tender. Remove from the heat and set aside to cool.

In a large bowl, mix the eggs, milk, cheese, and cooled vegetables. Be sure the vegetables are no hot, or they will start to cook the eggs.

Spray the baking dish with cooking spray and pour the egg mixture in. Place in the oven and bake for 30-40 minutes or until cooked through.

Cut into 6 pieces and enjoy!

Ingredients

1 teaspoon vegetable oil

1/2 cup chopped green pepper

1/2 cup chopped onion

1 cup shredded potato

Salt and pepper to taste

6 beaten eggs

3/4 cup low-fat or non-fat milk

1/2 cup shredded cheddar cheese

Cooking spray

Adapted from: Breakfast Egg Casserole | WIC Works Resource System (usda.gov)