

# Potato Egg Bake

Make this beautiful egg dish for a special breakfast or simple evening meal. Serve with fresh fruit and whole-wheat toast.

## WHAT YOU NEED

- 8 eggs
- $\frac{3}{4}$  cup whole milk
- $2\frac{1}{2}$  cups frozen shredded potatoes
- $\frac{3}{4}$  cup shredded cheddar cheese
- $\frac{1}{2}$  cup chopped fresh spinach
- $\frac{1}{2}$  cup cubed ham (optional)
- 1 tablespoon chopped green sweet pepper
- 1 tablespoon chopped red sweet pepper
- 1 teaspoon salt
- 1 teaspoon chopped fresh chives
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{3}{4}$  cup shredded cheddar cheese

## HOW TO MAKE THE EGG BAKE

- 1 Preheat oven to 325°F. Grease a 5-cup shallow baking dish. Set aside. In a small mixing bowl beat eggs with a whisk until well blended and frothy. Beat in milk. See Photo A. Set aside.
- 2 In a large mixing bowl combine potatoes,  $\frac{3}{4}$  cup cheese, spinach, ham (if desired), green and red sweet pepper, salt, chives, and black pepper. Mix well. See Photo B.
- 3 Add egg mixture to potato mixture and mix well. See Photo C.
- 4 Pour into the prepared baking dish. Sprinkle with  $\frac{3}{4}$  cup cheese. See Photo D. Bake about 45 minutes or until mixture is set and knife comes out clean when inserted in the center. Serve immediately. Serves 9.



### NUTRITION PER SERVING:

160 calories, 8g fat, 3g saturated fat, 205mg cholesterol, 460 mg sodium, 11g carbohydrate, 1g fiber, 10g protein