Sunny Baked Eggs and Vegetables
Servings 6 | Prep time 45 mins. | Total time 60 mins.

**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

**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

**Instructions**

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Put rack in center of oven and preheat oven to 250 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

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