

Beyond Breakfast Egg Bake

4 Servings

What you need:

½ (24 oz.) bag frozen Potatoes O'Brien (hashbrowns with onion & green pepper)

½ cup Cheddar cheese, shredded

5 whole eggs

3 Tbsp skim milk

Pepper to taste

All you do:

1. Preheat oven to 375°F.
2. Spray an 8" by 8" pan with cooking spray.
3. Break up potatoes in the bottom of pan.
4. Sprinkle cheese over the top of potatoes.
5. In a small bowl, beat eggs, milk, and pepper with a fork.
6. Pour egg mixture over the potatoes and cheese.
7. Bake uncovered for 35 minutes or until eggs are set (no liquid).

Nutrition Facts, per serving: 220 calories, 11g total fat, 5g saturated fat, 280mg cholesterol, 210mg sodium, 16g carbohydrate, 2g fiber, 13g protein

