

## Beyond Breakfast Egg Bake

4 Servings

Estimated cost per serving \$1.00

- $\frac{1}{2}$  (24 oz.) bag frozen Potatoes O'Brien (hashbrowns with onion & green pepper)
- $\frac{1}{2}$  cup Cheddar cheese, shredded
- 5 whole eggs
- 3 Tbsp skim milk
- Pepper to taste



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).

**For extra flavor** - top with your favorite salsa before serving. Round out your meal with a serving of fresh fruit and a glass of milk.

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

**Pyramid exchanges:**  $\frac{1}{2}$  meat, 1 vegetable, and  $\frac{1}{2}$  milk.

**Eggs . . . not just for Breakfast.** Hard boiled, poached, fried, and scrambled - the possibilities are endless! Eggs are a cheap, easy to prepare, highly nutritious protein source. One large egg has about 70 calories, 5g total fat, 1.5g saturated fat, 210mg cholesterol, 70mg sodium, 7g of **high quality protein** and significant amounts of several vitamins & minerals. In the past, health professionals advised people to limit the number of egg yolks eaten due to their cholesterol content. Recently, a number of research studies have shown that the cholesterol in foods has only a small effect on blood cholesterol levels; dietary **saturated** and **trans** fatty acids have the greatest effect on blood LDL (bad) cholesterol. Most healthy people can consume 1 egg per day without increasing their risk of heart disease. If your LDL cholesterol level is high, check with a Registered Dietitian for more specific guidance. Feeding hens special diets has resulted in the marketing of "designer" eggs (such as Eggland's Best) which have increased amounts of omega-3 fatty acids & vitamin E and lower cholesterol & saturated fat. They are a little more expensive but still a bargain when compared with other protein sources.

Recipe provided by Shannon Perry, MSU Dietetics Student, 4/06.

Questions or comments??? Contact SHS nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or [rebecca.gruenes@mnsu.edu](mailto:rebecca.gruenes@mnsu.edu).