Beyond Breakfast Egg Bake

4 Servings

¼ (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

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

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.