

Very Veggie Eggy Casserole

What you need:

- 4 eggs + 4 egg whites, beaten well
- 1/2 cup skim, 1% or evaporated skim milk (for low lactose diets try lactaid or soy milk)
- Variety of favorite vegetables: tomatoes, zucchini, onions, spinach, peppers, carrots, broccoli, cauliflower, etc.
- 1/4 cup of lower fat cheese: cheddar, mozzarella, parmesan, swiss (for low lactose diets try soy cheese)
- Fresh ground pepper, paprika, garlic powder



(over for directions, nutritional information)

Very Veggie Egg Casserole (continued)

How to make:

Beat eggs, egg whites and milk together. Add seasonings. Steam or microwave vegetables for 5 minutes, just until soft. If desired, grate veggies such as zucchini and carrots and stir fry in cooking spray until just slightly tender. In a glass 9 x 9 inch casserole pan or deep pie plate, spray cooking spray. Place 1 cup + of the vegetables, pour the egg /milk mixture over the vegetables. Top with shredded cheese. Bake at 350 degrees for approximately 30 minutes or until firm and eggs are cooked. Can serve with a dollop of low fat sour cream, low fat dressing or salsa!

Nutrition Information:

Serving Size:	4"x3" square
Calories:	120 calories
Fat:	4 gm.
Carbohydrate:	4 gm.
Fiber:	3 gm.
Protein:	14 gm.
Sodium:	60mg.



Recipe courtesy of Lifetime Health Medical Group