



# VEGETABLE EGG BAKE

## INGREDIENTS

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2 bell peppers (any colors)	1/4 c milk (or milk alternative)
1 small to medium onion	1/2 cup shredded cheese
8 oz sliced mushrooms	Olive oil
1/2 cup cherry tomatoes	Non-stick cooking spray
1 dozen eggs	Salt & Pepper, to taste

## DIRECTIONS

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1. Preheat oven to 350\*. Spray a 9x13" baking dish with non-stick cooking spray and set aside.
2. Heat a saute pan over medium heat with 2-3 tsp of olive oil.
3. Dice peppers and onions and saute in pan with olive oil until onions are translucent.
4. Add sliced mushrooms and cook, stirring occasionally until mushrooms are soft. Season to taste with salt & pepper.
5. In a large bowl, whisk 1 dozen eggs with 1/4 cup milk and set aside.
6. Cut cherry tomatoes in 1/2 or 1/4 (depending upon size of tomatoes)
7. In the 9x13" baking dish, layer pepper, onion and mushroom mixture and top with the tomatoes.
8. Pour egg mixture over vegetables and sprinkle shredded cheese over eggs.
9. Bake for 25-30 minutes or until the egg is set in the center and edges are lightly browned.
10. Slice and serve with a side salad or fresh fruit. Enjoy!