

EASY EGG BAKE

Course: Breakfast

Prep. Time: 40-50 minutes

Servings: 12

CACFP: 2 oz. meat alternate & ½ C. vegetable



INGREDIENTS

- 1 dozen Eggs
- ¼ C. Low-fat Milk
- ¼ C. Orange Juice
- 2 cloves Garlic, minced
- 3 C. Zucchini, medium diced
- 3 C. Cherry Tomatoes, sliced in half
- 2 Tbsp Olive Oil

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Heat olive oil in large skillet.
3. Add minced garlic to skillet and heat until fragrant, taking care not to burn garlic.
4. Add veggies and sauté for 2-4 minutes.
5. Add veggies to the bottom of a 9" x 13" casserole dish (which has been sprayed with cooking spray).
6. In a separate bowl, whisk eggs, milk, and orange juice.
7. Pour the egg mixture over the veggies.
8. Bake for 35-45 minutes, or until eggs are cooked through.