

# **Holiday Leftover Egg Bake**

Take your leftover veggies, and meat, and throw it into an egg bake. Great especially if you have extra guests and tastes great reheated. It's also easy to have some without all the veggies for those who may not like their veggies.



☐ olive oil spray

☐ 2 cups shredded reduced-fat sharp cheddar

☐ 1 tbsp olive oil

☐ 1/3 cup sliced scallions

☐ 1/2 cup chopped red bell pepper

☐ 7 oz finely diced lean ham steak (or Turkey sausage/ turkey bacon)

☐ 3/4 cup diced tomatoes, seeded

☐ 1 cup spinach

☐ 7 large whole eggs

☐ 5 large egg whites

☐ 1/4 cup fat free milk

☐ Garlic/Peper to taste

Substitutions... turkey sausage, Turkey Bacon, broccoli, mushrooms, cottage cheese...

1. Preheat the oven to 375°F. Spray a 9 x 13 baking dish with oil. Or muffin bakes.
2. Place 1 cup of cheese into the baking dish.
3. Heat the oil in a large nonstick skillet over medium heat; spinach and red pepper and any other veggies, sauté until vegetables are tender, about 3-5 minutes. Add the tomato and cook 2 more minutes.
4. In a large bowl combine the eggs, egg whites, milk, salt and pepper and whisk well. Slowly pour over the vegetables in the baking dish and top with the remaining cheese. OR place the veggies, and meat into the bottom of muffin tins and pour over the egg mix. Sprinkle with Garlic/Pepper for taste.

5. Bake until a knife inserted near the center comes out clean, 32 to 35 minutes. Let stand 6 to 8 minutes before cutting into 12 pieces. If you made egg bake muffins, pop the egg bakes out and let cool on a drying rack.

#### Nutrition

Serving: 1 square, Calories: 152 kcal, Carbohydrates: 5 g, Protein: 14 g, Fat: 8 g, Saturated Fat: 2 g, Cholesterol: 102 mg, Sodium: 385 mg, Fiber: 1 g, Sugar: 1 g

The majority of the recipe is from [Skinnytaste.com](https://skinnytaste.com). Her recipes are easy to follow and she gives directions for freezing and reheating.