



	8 x 8	9 x 13
<b>Eggs</b>	6 eggs	12 eggs
<b>Vegetables</b>	3 cups	4-5 cups
<b>Milk</b>	1/4 cup	1/3 cup
<b>Cheese</b>	1/3 cup	2/3 cup
<b>Spices</b>	1-2 tsp	1 tbsp
<b>Salt</b>	1/4 tsp	1/2 tsp
<b>Temperature</b>	400F	375F
<b>Time</b>	25-35 minutes	35-45 minutes

**Directions:**

1. Preheat oven and spray/oil baking dish.
2. Rinse and cut seasonal veggies evenly into small pieces. Pre-cook (e.g. sauté, blanch, roast) any hard veggies.
3. In a large bowl, whip eggs with a fork until well blended. Add in seasonings, salt, and milk.
4. Layer ingredients in the baking dish in the following order: veggie mixture, egg mixture, then cheese.
5. Bake until eggs are firm and cheese is melted, about 25-45 minutes. A thermometer in the middle should read 160°F.

Add-Ins:				
Sautéed onions, garlic	Bell Pepper	Greens	Zucchini	Mushrooms
Pre-cooked meat: ground or shredded chicken/turkey, sausage, ham	Broccoli/Cauliflower	Tomatoes	Root Veggies	Boiled Potatoes

- ⇒ Cut egg bake into portions and freeze for the future, up to 1 month.
- ⇒ Make individual portions: layer eggs, cheese, and veggies in a well-oiled muffin pan. Bake about 30 minutes until eggs are firm
- ⇒ Stove option: Cook 8x8 portion over medium heat. Stir eggs into veggie mixture and keep stirring until eggs are nearly set. Then, cover skillet and cook on low until completely cooked through, about 15-25 min.
- ⇒ In the microwave: Half the 8x8 portions, microwave on medium-high for 5 1/2 min, stirring once. Cook for another 2 minutes if eggs not set.

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This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.

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