

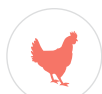
• ENTREES •

Green Eggs + Ham Breakfast Casserole



RECIPE MAKES 4 SERVINGS

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 8 eggs
- 1 cup unflavored almond milk
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon paprika
- 1 cup plain Greek yogurt
- ½ cup shredded Monterey Jack cheese (optional)
- 2 cups defrosted frozen broccoli florets
- 1 ½ cups shredded frozen potatoes
- ½ cup diced red pepper
- ½ cup diced onion
- ½ cup diced deli ham

INSTRUCTIONS

- Preheat oven to 375 degrees
- Whisk the eggs together in a large bowl until frothy
- Add in the milk, salt, pepper, paprika, yogurt and cheese (if using); stir well
- Use an olive oil or nonstick spray on a 9x9 baking dish
- Layer the broccoli, potatoes, onion and ham in the bottom of the baking pan
- Pour the egg mixture over the vegetables and ham
- Bake for 1 hour, or until a toothpick inserted into the center comes out clean and let sit for 10 minutes before serving