



Healthy Recipe for the Holiday Season

Easy Egg Bake

This recipe is easy to make and can be used for many occasions!

Ingredients:

1. 16 large eggs
2. 1 cup of shredded cheddar cheese

Preheat oven to 350°F. Lightly spray 8"x 8" inch baking dish with non-stick cooking spray. Crack eggs and whisk in large bowl. Pour eggs into the dish and top with shredded cheese. Bake for 30 minutes. Slice into 2" x 4" pieces. Serve warm and enjoy!

Nutrition Facts: Egg Bake

Serving Size: 1/8 recipe (2" x 4" piece)

Calories: 200 calories, **Carbohydrates:** 1 grams, **Total Fat:** 14 grams, **Protein:** 16 grams, **Sodium:** 234 mg.

Options:

1. **Reduce Calories and Fat:** Use low-fat cheese.
2. **Less Fat and More Protein:** Use more egg whites and less whole eggs (2 egg whites = 1 egg and provides 6 more grams of protein with 5 less grams of fat).
3. **More Texture:** Add chopped vegetables such as onions, peppers, tomatoes, and spinach.
4. **Even more protein:** Add lean ham or chicken sausage.

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