

# Baked Vegetable Eggs

Eggs are one of the most nutritious foods for babies and young children. They contain some hard to get nutrients such as vitamin D, iron, zinc and choline. This baked egg recipe takes about 5 minutes to prep before baking and is adaptable to any vegetables you have on hand. See the bottom of the recipe for options to suit your tastes.

## Ingredients

4 eggs  
1 cup milk  
¼ teaspoon salt  
¼ teaspoon pepper  
1 cup shredded cheddar cheese  
2 cups frozen broccoli



## Directions

1. Preheat the oven to 350 degrees.



2. Mix together eggs, milk, salt and pepper in the pan you are going to bake it in.



3. Pour frozen broccoli directly from the bag into the bottom of the baking dish, spread into an even layer.



4. Pour egg mixture on top of broccoli.
5. Sprinkle cheese evenly over the top.



6. Bake for 45-50 minutes until eggs in the middle are completely cooked and solid.



7. Serve hot or cold. Store leftovers in the refrigerator.



8. For a filling and balanced meal, serve with a smoothie, toast and a green salad.

# Options

<b>To make it cook faster:</b>		
Divide it evenly into 12 muffin cups, decrease cook time to 20 minutes		
		
<b>Instead of:</b>	<b>Use this:</b>	<b>Or this:</b>
½ cup cheddar cheese 2 cups frozen broccoli ¼ cup parmesan cheese	½ cup pepper jack cheese 1 chopped bell pepper ½ cup canned corn More pepper jack on top	½ cup mozzarella cheese 1 cup sliced mushrooms (saute first) 1 cup finely chopped spinach ¼ cup parmesan on top
<b>Other foods to add in</b>		
Bacon, sausage or chopped ham	Old bread cut into ½ inch cubes	Potato cubes or frozen shredded potatoes