

Cheesy egg bake



Recipe credit

[Adapted from the United States Department of Agriculture's Sure to Please Baked Eggs & Cheese](#)

About this recipe

Serves

6

Serving size

1/6 of prepared recipe

Time to make

20 minutes preparation; 35 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 teaspoon vegetable oil
- 3 eggs
- 3 cups chopped vegetables such as broccoli, green pepper, mushrooms, and onion
- 1 clove garlic, minced, or 1/4 teaspoon garlic powder
- 1 3-ounce package light cream cheese (also called Neufchatel), softened
- 1 cup day-old bread (about 1 slice), cubed
- Optional: 1/3 cup cooked ham, chopped
- 1/8 teaspoon black pepper
- 1/3 cup cheddar cheese, shredded
- Nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. In a large skillet, heat oil over medium-high heat. Add vegetables and garlic. Cook, stirring occasionally, until vegetables are tender. Turn off heat and pat the vegetables with paper towels to remove any excess liquid or moisture. Set aside.
3. In a large bowl, beat cream cheese until smooth. Add eggs and mix well.
4. Stir in vegetables, bread, ham, and pepper.
5. Pour into greased 8 x 8-inch baking dish or small casserole dish.
6. Bake, uncovered, for about 30 minutes, or until egg mixture is firm. Remove from oven.
7. Sprinkle cheese on top and bake for 5 more minutes.

Tips and variations

- Children can wash and pat dry vegetables. Older children can help chop vegetables.

- Substitute other cooked vegetables, cooked meats, and cheese to create your own favorite combination of flavors

Nutritional info

Calories

145

Total fat

9 g

Saturated fat

4 g

Cholesterol

115 mg

Sodium

233 mg

Total carbohydrates

6 g

Dietary fiber

1 g

Protein

10 g

Total sugar

2 g

Allergens

Dairy

Eggs

Wheat

Soy

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