

## Sure to Please Baked Eggs & Cheese

**Makes:** 4 servings

Add your favorite veggies to dress up this cheese and egg dish, or serve with fresh salsa.

### Ingredients

- 1 tablespoon oil
- 6 eggs
- 1/2 cup non-fat milk
- 1/2 cup low-fat cheese (grated)
- 1 teaspoon garlic powder
- 1 1/2 teaspoons oregano

### Directions

1. Preheat oven to 350 degrees.
  2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
  3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
  4. Bake 20 minutes or until eggs are firm. Serve immediately.
- \* 4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification).

### Notes

Learn more about:

- [Garlic](#)

### My Notes



# Nutrition Information

Nutrients	Amount
Calories	163
Total Fat	11 g
Saturated Fat	3 g
Cholesterol	249 mg
Sodium	194 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	13 g
Vitamin D	2 mcg
Calcium	140 mg
Iron	1 mg
Potassium	162 mg
N/A - data is not available	

## MyPlate Food Groups

 Protein Foods 1 1/2 ounces

 Dairy 1/4 cup

[For more information on MyPlate Food Groups visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

