



Broccoli and Ham Breakfast Bake



Serves 6

Ingredients:

- 6 large eggs
- ½ cup 2% lowfat milk
- ¾ cup ham, diced
- 1 cup broccoli, chopped
- ½ cup frozen sweet corn
- ½ cup cheddar cheese, shredded
- 1 Tbsp butter

Tip: Freeze leftover pieces. Defrost and warm in the microwave for an easy morning breakfast.

Directions:

1. Preheat oven to 350 F. Place a 9x9-inch baking dish in the oven to warm.
2. While the oven heats up, beat the eggs in a bowl and stir in the rest of the ingredients.
3. Pull the baking dish out of the oven. Spread the butter around the bottom and up the sides of the pan.
4. Pour egg mixture into the dish.
5. Bake for approximately 20 minutes until center is dry.

Nutrition Facts per serving:
160 calories; 11g fat; 6g carbohydrates; 12g protein;
2g sugars; 210mg cholesterol; 330mg sodium.

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