

ISSUE 54



# A pinch of this & a dash of that

MEGAN'S WEEKLY RECIPES

*This week:*

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- EGG & VEGGIE BAKE

# Egg & Veggie Bake

## INGREDIENTS

- one dozen eggs
- $\frac{3}{4}$  cup milk or greek yogurt
- 1 handful diced red peppers
- 1 small palm full of diced onions
- 1 cup diced ham
- 1 green onion
- 1 small handful spinach, stems removed and chopped
- 1 small handful diced mushrooms
- 4 slices of bread, cut into  $\frac{1}{2}$  inch cubes
- salt and pepper

## DIRECTIONS

1. Whisk together eggs and milk until smooth
2. Add veggies and ham to egg mixture and stir.
3. Layer bread pieces in a large baking dish.
4. Pour egg mixture over bread cubes. Season with salt and pepper
5. Bake at 350 for 45 min to an hour until top is golden and springy to touch.