

Baked Eggs & Cheese

Serves: 4

Ingredients:

- 1 Tablespoon Canola Oil
- 8 Eggs
- ½ cup Non-fat Milk
- ½ cup Low-fat Shredded Cheese
- 1 teaspoon Garlic Powder
- 1 ½ teaspoon Oregano
- **add your favorite veggies!

Directions:

1. Preheat oven to 350 degrees
2. Put oil in a medium baking dish or small cake pan. Heat pan in preheated oven for 5 minutes.
3. Use 4 whole eggs, and 4 egg whites. Separate and discard yolk from egg whites.
4. Whip the 4 whole eggs and 4 egg whites in a mixing bowl. Combine all ingredients.
5. Pour ingredients into hot pan and bake for 20 minutes or until eggs are firm.

Tips & Facts:

- Add vegetables such as peppers, mushrooms or tomatoes for added nutrition and flavor.
- Substitute 2 egg whites for 1 whole egg.
- Egg whites are packed with protein and have no fat.
- Although eggs are known to be high in cholesterol, the yolks contain healthy cholesterol that your body needs.

*This recipe is adapted from the University of Wisconsin; Cooperative Extension Service; Healthy Snacks.

Nutrition Facts (per serving):

Serving: ¼ of dish
Calories: 160 kcal
Carbohydrates: 3g
Total Fat: 9g
Protein: 15g
Fiber: 0g
Cholesterol: 190mg

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Eggs	\$1.99	\$0.99
Non-fat Milk	\$1.69	\$0.20
Low-fat Cheese	\$3.29	\$0.82
Garlic Powder	\$2.29	\$0.06
Oregano	\$3.29	\$0.20
Canola Oil	\$3.99	\$0.16
TOTAL	\$13.25	\$2.43
		Cost per Serving: \$0.60