

Baked Egg and Roasted Veggie Casserole

Ingredients:

- 3 cups broccoli florets
- 2 cups sweet potatoes, cubed
- 1 red onion, cut into wedges
- 1 tablespoon olive oil
- 8 eggs
- 1/2 cup shredded cheese
- 1/2 teaspoon black pepper
- Salt and pepper to taste

Directions

1. Preheat oven to 425° F.
2. In a large bowl, toss together broccoli, sweet potatoes, and red onion with olive oil and sprinkle with salt and pepper. Transfer veggies to a baking dish coated with nonstick cooking spray and roast for 20 to 25 minutes, tossing veggies halfway through.
3. Remove baking dish from oven and reduce oven temperature to 375° F.
4. Break an egg into a cup and slip egg on top of the veggies. Repeat with all 8 eggs and bake for 5 minutes. Top with shredded cheese and bake an additional 10 minutes until egg whites are set and yolks begin to thicken.
5. Sprinkle with cracked pepper; serve and enjoy!

Nutrition Facts

Serving Size (120g)
Servings Per Container 8

Amount Per Serving

Calories 140 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 160mg **53%**

Sodium 75mg **3%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 8g

Vitamin A 15% • Vitamin C 50%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

