

Veggie-Packed Egg Bake

Ingredients

- ½ bag frozen broccoli florets
- ½ bag frozen chopped spinach
- ½ green bell pepper (chopped)
- ½ red bell pepper (chopped)
- ½ onion (chopped)
- 1–2 tsp olive oil
- 12 eggs (scrambled)
- ¾ cup reduced-fat shredded Colby Jack cheese
- ¾ cup diced ham
- Salt and pepper to taste (optional)

Directions

1. Preheat oven to 350°F (175°C).
2. Sauté the vegetables: In a large skillet, heat olive oil over medium heat. Add broccoli, spinach, green pepper, red pepper, and onion. Cook until softened and most of the moisture has evaporated (about 8–10 minutes).
3. Combine ingredients: In a large bowl, mix the sautéed vegetables with the scrambled eggs. Stir in the cheese and diced ham. Season with salt and pepper if desired.
4. Bake: Pour the mixture into a greased 9x13-inch baking dish.
5. Bake for 30 minutes, or until the eggs are set in the center.
6. Cool slightly, slice, and serve.

