

Easy Baked Eggs and Cheese



Ingredients:

- 1 tablespoon canola oil
- 6 eggs
- 1/2 cup low-fat milk
- 1/2 cup grated low-fat cheese
- 1 teaspoon garlic powder
- 1 1/2 teaspoon oregano

Directions:

1. Preheat oven to 350 F.
2. Pour oil into a medium baking dish and heat for a few minutes.
3. In a medium bowl, beat eggs and mix in remaining ingredients.
4. Carefully pour into hot pan. Bake 20 minutes or until eggs are firm.

Makes 4 servings.



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