

Green Egg Casserole

Ingredients:

- 8 large eggs - beaten
- 1 cup chopped frozen spinach - thawed
- 1/2 cup low-fat milk
- 2 cups bread cubes or small torn pieces of bread
- 1/2 cup grated Swiss or Monterey jack cheese (optional)



Directions:

- Preheat oven to 350 degrees.
- Prepare one large casserole dish or two eight-inch dishes with a light coating of cooking spray.
- In a medium bowl combine all ingredients (except cheese) until bread pieces are well soaked.
- Pour mixture into casserole dish and cook for 15 minutes. Sprinkle cheese over partially set eggs.
- Cook for an addition 20 minutes or until eggs are fully set.