

Festive Egg and Vegetable Casserole

EASY | RECIPE

Ingredients:

- 1 tbsp **butter**
- 1 tbsp **extra-virgin olive oil**
- 2 cloves **garlic**, minced
- 2 medium **red peppers**, chopped
- 6 **green onions**, sliced
- 5 cups chopped **kale** or **spinach**
- 12 **eggs**
- ½ tsp **salt**
- 1 cup crumbled **goat** or **feta cheese**, *divided*

Method:

Preheat oven to 350°F. **Grease** a casserole dish with butter. **In** a large pan over medium heat, add olive oil. **Once** hot, add garlic, peppers and green onions, and cook about 8-10 minutes. **Add** kale or spinach and let wilt, about 3 minutes. **Crack** eggs into large bowl. **Scramble** with fork. **Add** salt, ½ cup cheese and cooked vegetables. **Mix** well. **Add** mixture to casserole dish. **Top** with cheese and bake 30 minutes. **Serve** with hot sauce (optional).



Makes 6 servings. Per serving:

281 calories | 19g protein | 18g total fat | 7g saturated fat | 6g mono fat | 3g poly fat |
12g carbohydrate | 4g sugar | 4g fiber | 435mg sodium