

EASY TO REMEMBER BAKED OMELET

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving = 1/6th of dish)

Nutrition (per serving)

Calories: 141

Total Fat: 8 g

Saturated Fat: 3 g

Sodium: 173 mg

Total Carbohydrate: 4 g

Dietary Fiber: 1 g

Total Sugars: 1 g

Protein: 12 g



Ingredients

- ½ cup onion, diced
- ½ cup bell pepper, diced
- ½ cup spinach, finely chopped
- ½ cup part-skim, low moisture shredded mozzarella cheese
- 8 large eggs
- ½ cup 1% milk
- ¼ teaspoon ground black pepper



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Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Spray an 8 x 11 casserole pan with non-stick cooking spray.
3. Evenly layer onions, bell peppers, spinach, and mozzarella cheese in casserole pan. Set aside.
4. In a large bowl, whisk together eggs, milk, and ground black pepper.
5. Pour egg mixture on top of vegetables in casserole pan.
6. Place casserole dish in oven and cook for 25 minutes, or until light golden brown around the edges.



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