

Eggs in a Nest

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Egg, whole		9		36
Milk, fat-free		4 cups		16 cups
Tomato, chopped		2 cups		8 cups
Bell pepper, red, chopped		1 cup		4 cups
Bell pepper, green, chopped		1 cup		4 cups
Onion, chopped		1/2 cup		2 cups
Cheddar cheese		1 cup		4 cups
Bread, whole grain		3 slices		12 slices
Pita, small (4"), whole grain		12		48

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	182	
Total Fat	5 g	
Protein	11 g	
Carbohydrates	25 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	271 mg	

Directions

1. Preheat oven to 350°F.
2. In medium size bowl, combine eggs, egg whites and milk.
3. Crumble bread and place on bottom of casserole pan (square pan for 6 servings).
4. Place chopped tomato, peppers and onion into egg mixture. Mix.
5. Mix in cheese.
6. Pour mixture over bread crumbs.
7. Bake at 350°F for 45 minutes or until slightly brown on top.
8. Cut into even pieces and place each into a pita.

Notes

Serving Tips:

Eggs are a good source of protein, and can be eaten for breakfast, lunch or dinner. This dish can be served on whole grain bread or English Muffins, too!