

## **Vegetarian Egg Bake**

This “no-meat” alternative also features spinach and cheddar cheese, with additional protein supplied by black beans!

### **Ingredients**

- 1 dozen eggs
- 1 can spinach (drained)
- 1 can black beans (drained)
- 1-1/2 cup shredded cheddar cheese
- 1/2 cup skim milk
- 1/2 tsp. black pepper
- 1/2 tsp. oregano
- 1/2 tsp. onion powder
- 1/2 tsp. paprika

### **Method**

Preheat oven to 425 degrees F. Beat eggs and skim milk. Add drained spinach and black beans, cheese and spices. Pour into 2 greased 13 x 9 pans. Bake approximately 1 hour or until center is firm.

Notes: Extra cheese may be added to the top 5 minutes prior to removing the dish from the oven.

Number of Servings: 16