

Butternut Squash and Egg Bake

Recipe Type: Breakfast Entree

Serves: 4

Prep Time: 10 minutes

Cooking Time: 35 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 T olive oil
- 2 C butternut squash
- ¼ C onion, diced
- 1 T garlic powder
- ¼ C low-sodium vegetable broth or water
- ½ C white mushrooms, sliced
- 6 large eggs
- ½ t salt
- ½ t black pepper
- ½ C black beans or any beans you want, rinsed and drained

What to do:

1. Preheat the oven to 375°F and spray an 8 by 8 inch baking pan with cooking spray.
2. Wash your hands.
3. Peel the squash with a potato peeler.
4. Cut the squash in half and scoop out the seeds with a spoon. Cut each half of the squash into 1 inch pieces.
5. Heat the olive oil in a large pan over medium heat. Put the squash, onions and garlic powder into the pan.
6. Cook for 5 to 7 minutes or until the onions are soft and the squash begins to brown.
7. Add the veggie broth and mushrooms into the pan and cook for 3 minutes.
8. Remove the veggies from the heat and place them into a bowl to cool.
9. In another bowl, mix together the eggs, salt, pepper and beans. Pour the egg mixture into the cooled veggies and mix well.
10. Pour the egg and veggie mix into a baking pan.
11. Bake for 20 to 25 minutes. Move the pan back and forth to make sure the center is firm.
11. Cut into 4 squares and Enjoy!

To spice it up: add a little bit of hot sauce at the end.



This is a picture of 1 serving.

Nutrition Facts	
Serving Size 1 square	
Amount Per Serving	
Calories 200	Calories from Fat 100
%Daily Value*	
Total Fat 11 g	17%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 280 mg	93%
Sodium 470 mg	20%
Total Carbohydrate 15 g	5%
Dietary Fiber 3 g	12%
Sugars 3 g	
Protein 12 g	
Vitamin A 160%	
Iron 15%	
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

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