**Egg Bake 1:**

Ingredients:

* 6 eggs and 1 carton of egg whites
* One (5-8 ounce) bag of chopped, fresh spinach
* 1/2 cup of cooked vegetables (chopped broccoli/cauliflower or peas, carrots, mushrooms)
* 3/4 cup chopped fresh tomatoes or chopped sun-dried tomatoes
* 1 cup cottage cheese
* 2 Tbsp. milk
* Olive oil (to grease pan)
* Salt and pepper to taste
* ½-1 cups shredded Mozzarella cheese

Directions:

* Preheat oven to 350 degrees.
* Grease a casserole (I use a 9″ x 13″ or 5” x 7” for thicker portions) with Olive oil.
* Beat eggs in a bowl and add spinach, tomatoes and cooked vegetables.
* Bake for about 45 minutes or until the top is lightly browned.
* Sprinkle with shredded cheese, salt, pepper and/or flax seed, if desired.
* Cut into six squares and either serve your family their meal or portion and refrigerate or freeze for quick, healthy breakfasts or snacks.

Tips:

* Fresh or frozen spinach can be used. I prefer fresh, but for no reason in particular :)
* You can use 1/4 cup coconut milk instead of the milk if you prefer the tropical taste. It’s tasty :)
* Be careful how much flax seed you add — I can tell the egg bake gets a bit dry when I overdo it!
* Experiment all you want! It usually doesn’t have a ton of flavor, but that’s where the fun comes in: top it with salsa, sliced avocado, guacamole, spices or even hot sauce if you like!

**Quinoa Quiche:**

* 1/3 c. quinoa (rinsed)
12 eggs
2 c. fresh spinach
2 c. fresh broccoli
1 small onion, chopped
1 small red or green pepper, chopped
1 1/2 c. lowfat cottage cheese

Preheat oven to 350 degrees. In large bowl, beat eggs. Stir in cottage cheese and quinoa. Fold in spinach, broccoli, onion and pepper. Lightly spray a 8X8 pan or deep dish round baking pan with nonstick cooking spray. Pour in mixture and bake for 45-50 minutes at 350 degrees. Let sit for 5-10 minutes before serving. Enjoy!

**Easy Egg Bake:**

18 eggs, whisked

Chopped veggies of your choice (the more, the healthier). Try broccoli, onion, bell pepper, mushroom, kale, etc.

Preheat oven to 350 degrees. Combine chopped veggies and whisked eggs. Add to a 9x13 baking pan coated in olive oil or cooking spray. Bake until firm. (30-45 mins). Cut in squares and microwave each morning for super fast food!