Sure to Please Baked Eggs and Cheese

**Ingredients:**
- non-stick cooking spray
- 6 eggs
- ½ cup fat-free milk
- ¼ cup low-fat grated cheese
- 1 teaspoon garlic powder
- 1 ½ teaspoons oregano

**Directions:**
1. Preheat oven to 350 degrees.
2. Put cooking spray in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 40 minutes or until eggs are firm. Serve immediately.

**Yields about 4 servings**

**Source:** Adapted from *Loving Your Family, Feeding Their Future* - The Healthy Family Guide Book

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>% Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ recipe (3.7 ounces)</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>120</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>60</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>280mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>150mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>11g</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:

- 2000: 2,500
- Total Fat:
  - Less than 65g: 80g
  - Saturated Fat:
    - Less than 20g: 25g
  - Cholesterol:
    - Less than 300mg: 300mg
  - Sodium:
    - Less than 2,400mg: 2,400mg
  - Total Carbohydrate:
    - 300g: 375g
  - Dietary Fiber:
    - 25g: 30g

50% calories from fat