

BEYOND HUNGER

Baked Cheddar Eggs & Potatoes

This is a simple recipe that can be served for breakfast or dinner. The eggs provide plenty of protein, the cheese provides calcium, and the potatoes provide Potassium and fiber. Serve this with a green veggie for a side dish to make a well-balanced meal!

Yields: 4 servings

Ingredients:

- 3 Tbsp butter
- 1-1/2 pound red potatoes (or gold/Yukon potatoes), chopped
- 1/4 cup fresh minced parsley
- 2 cloves garlic, minced
- 1/2 tsp Kosher salt
- 1/4 tsp ground black pepper
- 8 large eggs
- 1/2 cup shredded Cheddar cheese (sharp Cheddar preferred)

Instructions:

1. Preheat the oven to 400°F.
2. Melt the butter in a cast iron skillet or other oven-proof pan over medium-high heat. Add the potatoes and cook, stirring frequently until golden brown in color and fork-tender.
3. Stir-in the parsley, garlic, salt, and pepper.
4. With the back of a large spoon, make 4 wells in the potatoes for the eggs. Crack 2 eggs into each well.
5. Place skillet in oven and bake until the egg whites are set and the yolks become thickened but not hard, about 9-11 minutes. Sprinkle cheese over the mixture and return to the oven for cheese to melt, about 1 minute more.
6. Remove from oven and serve warm. Enjoy!

Per Serving: Calories 395, Carbohydrates 29g, Sugars 3g, Protein: 80g, Saturated Fat 12g

Recipe was adapted and modified from tasteofhome.com

