

“Sure To Please” Baked Eggs and Cheese

1 T oil

6 eggs

½ cup milk (fat-free, low-fat or 2%)

½ cup grated low-fat cheese

1 tsp garlic powder

1 ½ tsp oregano

1. Preheat oven to 350° F.
2. Put oil in medium baking dish or 8-inch cake pan and heat in oven for a few minutes.
3. In bowl, beat eggs. Mix in cheese and seasonings. Pour into hot pan.
4. Bake 20 minutes, or until eggs are firm. Serve immediately.

Makes 4 servings.

