



ATHLETE

## Egg & Veggie Casserole



8 servings



40 minutes



Kelsey Harris

### Ingredients

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1 tablespoon Olive Oil  
1 tablespoon Minced Garlic  
1 cup onions, finely chopped  
1 cup bell peppers, diced  
1 cup mushrooms, diced  
6 eggs  
1.5 cups egg whites  
1/2 teaspoon dried parsley  
1/2 teaspoon dried basil  
1/4 teaspoon pepper  
1/8 teaspoon salt  
1 cup Taco Blend Shredded Cheese

### Instructions

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1. Preheat oven to 400 degrees.
2. In a pan, heat your olive oil. Add in onions and garlic. Saute for 5 minutes.
3. Add peppers and mushrooms to the pan. Cook for an additional 5 minutes
4. While veggies cook, whisk together eggs, egg whites, and dried spices.
5. In a large bowl, mix together egg/spice mixture, cooked veggies and cheese.
6. Pour into a greased 9x13 glass or ceramic baking dish.
7. Bake at 400 degrees for 25-30 minutes or until eggs are completely set in the center.

NOTE: You can add 2 cups of spinach as well for more greens.

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*Serving: 1 slice*  
*Calories: 150 kcal*  
*Carbohydrates: 4g*  
*Protein: 13g*  
*Fat: 9g*