

Gluten-Free Egg Bake

Servings: 4 - 6

Total time: 40 - 45 minutes

Prep time: 15 minutes

Ingredients:

- 8 large eggs
- 1 cup milk (any kind)
- 1/4 cup chopped onion
- 1/2 cup chopped bell pepper (any color)
- 3/4 cup chopped spinach
- 1/2 cup chopped mushrooms
- 1/4 cup shredded cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

Step 1

Preheat oven to 350°F (175°C). Grease a 9x9 inch baking dish.

Step 2

Sauté vegetables (optional): In a skillet, cook onion and bell pepper over medium heat until softened. Add mushrooms and spinach and cook until wilted. Drain any excess liquid.

Step 3

Combine ingredients: In a large bowl, whisk together eggs and milk. Stir in sautéed vegetables (if using), cheese (if using), salt, and pepper.

Step 4

Pour and bake: Pour the egg mixture into the prepared baking dish.

Step 5

Bake: Bake in preheated oven for 25-30 minutes, or until the center is set and the top is golden brown.

Step 6

Let stand: Let the casserole stand for 5 minutes before serving.

Tips and Variations:

- **Add-ins:** Get creative with your veggies! Try adding diced tomatoes, zucchini, broccoli, or kale. **Spice it up:** Add a pinch of red pepper flakes or a dash of hot sauce to the egg mixture for a bit of heat.
- **Make it ahead:** You can assemble this casserole the night before and refrigerate it overnight. Bake as directed, adding a few extra minutes to the baking time.
- **Dairy-Free:** Use your favorite dairy-free milk and cheese.