

Eggs, Ham, and Spinach Breakfast Casserole

IOWA

Student Wellness

Ingredients

- 6 large eggs
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup low fat milk
- 1/2 cup low fat Greek yogurt
- 1/2 teaspoon thyme
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/3 cup mushrooms, diced
- 1 cup (packed) baby spinach
- 1 cup low fat shredded pepper jack cheese
- 1 cup ham, diced



Directions

1. In a bowl, whisk the eggs, salt, pepper, milk, yogurt, thyme, onion powder, garlic powder together until smooth.
2. Stir in the mushrooms, spinach, cheese, and ham.
3. Spray Slow Cooker with non-stick cooking spray.
4. Pour eggs mixture into the bottom of slow cooker.
5. Cover and cook on HIGH for 90 minutes-2 hours. Eggs should be set.
6. Slice and serve for breakfast or dinner.