

DENVER EGG CASSEROLE

Makes 6 servings

INGREDIENTS

- 9 large **eggs**
- 1/2 cup **heavy cream**
- 1/3 cup white onion *finely diced*
- 1 tablespoon **butter**
- 1 cup **cheddar cheese** *shredded*
- 1 1/3 cups **ham** *diced*
- 1/2 cup **green pepper**
- Choice of either 1/2 cup **red pepper** or **sliced mushrooms**
- Fresh-ground **black pepper** to taste
- **Salt** to taste with 1/4 to 12 teaspoon (For proper sodium to potassium ratio use "Morton's Lite Salt")
- Optional, but highly suggested, **Avocadoes**
- Optional sliced **green onions**



TOPPING: Top each serving with 1/2 a sliced large **Avocado** (or a whole small avocado)

DIRECTIONS

1. Preheat oven to 400.
2. Cook onion in butter over medium heat until softened. Cool.
3. Whisk or beat eggs and cream until light and fluffy.
4. Stir in remaining ingredients.
5. Spray glass or ceramic 9" X 9" casserole dish with non-stick spray or grease with butter, coconut oil or olive oil.
6. Pour in mixture and top with a handful of grated cheddar cheese and sliced green onions to make it look pretty.
7. Bake uncovered 30-35 minutes until knife inserted in middle comes out clean.
8. Top each serving with 1/2 a sliced large **Avocado** (or a whole small avocado)

* Can be kept in the fridge for up to 7 days and reheated in the microwave or in a hot toaster oven each morning. *If you wish you can freeze, but freezing releases some liquid from the egg when it is reheated.*

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