



## Quick Guide

18 Eggs

8-12 Cups cooked veggies

Herbs of choice/salt to taste

Bake at 350 45 min

# COOKING 101 EASY BREAKFAST EGG BAKE

By Mandy Gerth

Yield: 8 servings

### Directions:

Pre-heat oven to 350

Whisk eggs in a large bowl, add about 1/2 t. salt and set aside.

Layer vegetables in 15 x 10 in. casserole:

- root vegetables
- sauteed greens
- toss with herbs, minced garlic, green onions, and about 1/2 t. salt, as desired

Pour egg mixture over vegetables

Top with about 1 cup of cheese of choice

3 Examples of Seasonal Combinations  
Get Creative For Endless Possibilities!

**ROASTED RADISH WITH GREENS AND DILL**, early spring  
Roast radish roots from 3 bundles, ~one pound. Braise radish tops with minced green onions and any other greens to make about 4 cups cooked greens.

Finely chop 1 bundle of dill

Layer in casserole:

roots, greens, dill, top with eggs and Parmesan.

**ROASTED POTATOES WITH BELLS AND BASIL**, summer

Roast 1-2 pounds of potatoes, cubed, for 45 minutes, the last 15 minutes add 3 bell peppers, diced. While cooking, blend 2 T olive oil with 1 cup basil leaves.

Layer in casserole:

potatoes and bells, toss with basil, eggs and mozzarella

**ROASTED DELICATA WITH EGGPLANT AND THAI BASIL**, fall

Halve 3 lb delicata lengthwise and cut into half moons. Roast 30 minutes. The last 15 minutes add 1 large eggplant peeled and diced and tossed with oil. While cooking, finely mince 1 head garlic and leaves from one bundle Thai basil.

Layer in casserole:

delicata and eggplant tossed with garlic and thai basil, pour in eggs and top with gorgonzola.



Recipe Archive, LVFarm Academy

[www.lowervalleyfarm.com](http://www.lowervalleyfarm.com)