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| Egg Bake  A nice easy vegetarian meal that can be used for any meal of the day. Ingredients:  |  |  | | --- | --- | | 8 or more | Eggs ($2.50) | | 12 oz bag  8 oz bag  32 oz | Frozen Asparagus, thawed and drained ($2.00)  Frozen Spinach, thawed and drained ($1.10)  Shredded Potatoes (Mr. Dells $4.00)  Olive Oil  Salt and Pepper  Dash of milk or milk substitute  Sun Dried Tomatoes (if desired)  Cheese (if desired) |  Directions: Preheat your oven to 350 degrees. Grease the bottom of your baking dish with olive oil. Add the potatoes to the dish making sure it covers the bottom and press down. Next, layer the spinach. Then add the asparagus. This is when you can add any additions that you’d like in this case sun dried tomatoes. Crack your eggs in your bowl and beat with a fork and add a little bit of milk. Pour them over the top. Cover with tin foil and bake for 30 to 40 minutes. You can remove the foil for the last 10 minutes and sprinkle with cheese if you’d like. | Logo  Description automatically generated |
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