

EGG & VEGETABLE GRATIN

Yields: 6 servings

1 tbsp. olive oil
2 Cups diced tomatoes
1 Cup thinly sliced zucchini
½ Cup sliced mushrooms
½ Cup Chopped onion
3 Cups chopped baby spinach
1 tbsp. fresh lemon juice
1 tsp. dried Italian seasoning
½ tsp. salt
¼ tsp. pepper
6 Eggs
¼ Cup whipping cream
1 Cup shredded Monterey Jack OR part-skim mozzarella cheese (4oz.)

Heat oven to 350 degrees. Heat oil in large nonstick skillet over medium-high heat until hot. Add tomatoes, zucchini, mushrooms, and onion; sauté until vegetables are crisp-tender, 3-5 minutes. Add spinach; heat and stir just until wilted. Add lemon juice, Italian seasoning, salt, and pepper; mix. Transfer to greased 8 inch square baking dish.

Beat eggs and cream in medium bowl until blended. Pour slowly over vegetables. Sprinkle with cheese.

Bake in center of 350 degree oven until center is almost set but jiggles slightly when pan is gently shaken and knife inserted near center comes out clean, about 30 minutes. Let stand 5 minutes before serving.