

Garden Bake

Garden Bake

Cut into 4 servings, 6 FSP per serving, – Cut into 6 servings, 4 FSP per serving

- 1 cup chopped zucchini
- 1 cup chopped tomato
- 1/4 cup chopped onion
- 1/4 cup parmesan cheese (grated)
- 1/4 cup reduced fat cheddar cheese (shredded)
- 3 eggs
- 3/4 cup Bisquick
- 1 1/2 cups 1% milk

1. Preheat oven to 400
2. Spray a 9 inch deep pie plate with non stick spray.
3. Add zucchini, tomato, onion and cheeses to dish.
4. Beat eggs, add Bisquick and milk, salt and pepper to taste. Pour over veggies.
5. Bake at 400 for 25-35 minutes or until a knife inserted in the center comes out clean
6. Let sit 7-10 minutes before serving