

# Scrumptious Eggs

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## **Yield: 8 to 10 servings**

*1 1/2 pounds cheddar or  
Monterey Jack cheese,  
shredded  
3/4 pound fresh  
mushrooms, sliced  
1/2 large onion, chopped  
1/4 cup butter, melted  
1 cup cubed ham (or 3/4  
pound sausage or 12 slices  
chopped bacon)  
7 eggs, beaten  
1 3/4 cups milk  
1/2 cup flour  
1 tablespoon seasoned salt*

Preheat the oven to 350 degrees.

Place half of the cheese in the bottom of a 13x9-inch baking dish.

In a skillet, saute' the onions and mushroom in butter. Layer the mixture over the cheese. Top with the ham and cover with the balance of the cheese.

In a bowl, beat the eggs with the milk, flour and seasoned salt. Pour over all the ingredients in the dish.

Bake for 45 minutes.

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Per Serving (excluding unknown items): 1530 Calories; 97g Fat (57.0% calories from fat); 73g Protein; 92g Carbohydrate; 7g Dietary Fiber; 1666mg Cholesterol; 5285mg Sodium. Exchanges: 3 Grain(Starch); 5 1/2 Lean Meat; 4 Vegetable; 1 1/2 Non-Fat Milk; 14 1/2 Fat; 0 Other Carbohydrates.