



HAM & PEPPER EGG BAKE

INGREDIENTS

- 4 cups whole grain bread, cubed
- 1/2 cup ham, cubed
- 1/2 cup red onion, diced
- 1/2 bell pepper, diced
- 9 eggs, scrambled
- 1/2 cup milk
- 3/4 cup cheddar cheese, shredded
- 1 tbsp olive oil
- Salt and pepper, to taste

TOTAL TIME: 45-50 MIN
SERVING SIZE: 9 SLICES

NUTRITION FACTS:
CALORIES: 225 CAL
CARBS: 13 G
FAT: 12 G
PROTEIN: 15 G
FIBER: 2 G
SUGAR: 3 G
SODIUM: 440 MG

DIRECTIONS

1. Preheat the oven to 350 degrees. In a small sauce pan, add oil, cubed ham, and bell peppers. Sautee until peppers are slightly soft.

2. Next grease a 8x8 baking pan. Slice bread into cubes and layer on the bottom of the pan. Then spread an even layer of bell peppers and ham over top.

3. In a large bowl, add the eggs and milk then scramble. Pour the mixture over the bread and cover with tin foil.

4. Place the pan into the oven and bake for 30-35 minutes. Take out and uncover, spread cheddar cheese over top, and bake for another 10 minutes until cheese is fully melted.

5. Let cool and Enjoy!



BALSAMIC PICO DE GALLO



INGREDIENTS

- 3 large roma tomatoes
- 2 green onions, chopped
- 1/2 small red onion, diced
- 1/2 green bell pepper, diced
- 1/2 bunch cilantro, chopped
- 1 tbsp Ken's Balsamic dressing
- 1/2 lime, juiced
- Salt and pepper, to taste

TOTAL TIME: 10-15 MIN
SERVING SIZE: 1/2 CUP
MAKES 9 SERVINGS

NUTRITION FACTS:
CALORIES: 20 CALS
CARBS: 3 G
FAT: 0 G
PROTEIN: 0 G
FIBER: 2 G
SUGAR: 1
SODIUM: 150 MG

DIRECTIONS

- 1. Add the chopped vegetables and cilantro into a large bowl and mix.*
- 2. In a separate bowl, combine dressing, lime juice, salt and pepper and stir until combined.*
- 3. Pour dressing over top of vegetables and mix until all the vegetables are coated. Sprinkle with salt and pepper.*
- 4. Enjoy!*