

Mexi-Salmon Breakfast Bake – 30 min meal



INGREDIENTS:

Vegetable oil cooking spray

1-1/2 cups (about 7 oz.) fresh or frozen sweet pepper strips

7 eggs

1/2 cup water

1-1/2 teaspoons Cajun or Creole seasoning

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked

1 cup (4 oz.) shredded Colby-Jack or Mexican cheese blend, divided (3/4 cup & 1/4 cup)

DIRECTIONS:

Preheat oven to 400°F. Spray coat 9-inch baking dish. Microwave peppers on HIGH on microwaveable plate (frozen peppers: 2-3 minutes; fresh peppers: 1-2 minutes). Drain or pat dry peppers. Transfer peppers to baking dish. Beat together eggs, water and seasoning. Stir in salmon and 3/4 cup cheese. Pour egg mixture over peppers. Top with remaining 1/4 cup cheese. Bake 18 to 20 minutes, until puffed and golden.

Variation: Omit peppers, substituting 2 cups thawed hash browns. Bake for 20 minutes.

Makes 4 to 6 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 323.9 calories, 19.7g total fat, 8g saturated fat, 56% of calories from fat, 366.2mg cholesterol, 31g protein, 4.1g carbohydrate, .8g fiber, 846.4mg sodium, 367.7mg calcium and 1.5g omega-3 fatty acids.