

# GREEN CHILI & TOMATO EGG CASSEROLE

Makes 9 servings

Served either Mexican style or Italian style

## INGREDIENTS

- 14.5 oz. can diced **tomatoes**, very well drained
- 18 **Eggs** (Ideally organic, pasture—raised, cage-free.)
- 1/2 cup **Heavy Whipping Cream**
- 2 cups + 1/2 cup **grated cheese**
- 2-3 T thinly sliced **green onions**
- 1 or 2, 4 oz. cans diced **Green Chiles** (Depending on your love of green chilies. We like two!)
- 1/2 tsp **Salt** (for proper sodium to potassium ratio use “Morton’s Lite Salt”)
- Fresh-ground **black Pepper** to taste
- 2 tsp. **Spike Seasoning** (If you don’t have Spike, use any all-purpose seasoning blend that’s good with eggs.)
- Optional, but highly suggested, **Avocadoes**
- **TOPPINGS:** Top each serving with 1/2 a sliced large **Avocado** (or a whole small avocado) and 1 tablespoon sour cream and/or salsa.



## DIRECTIONS

1. Preheat oven to 375.
2. Open tomatoes and pour into a colander placed in the sink to drain.
3. Spray a 9” X 13” glass or ceramic casserole dish with non-stick spray or grease with butter.
4. In large bowl, beat eggs until fluffy, then mix in green chiles with about half of the juice drained.
5. Stir in all remaining ingredients except cheese.
6. Put egg mixture and 2 cups of grated cheese in casserole dish. Take a fork and gently mix so all the cheese is well distributed in the egg.
7. Sprinkle the other 1/2 cup cheese over the top.
8. Bake uncovered about 40 minutes, or until eggs are well set and top is starting to brown slightly.
9. Top each serving in one of two ways, depending on which direction you want to take the flavor. Do you want to Mexican or Italian?

**Mexican**—top each serving with 1/2 a sliced **Avocado** and 1 tablespoon sour cream and/or salsa. Pairs well with a side of bacon.

**Italian**—top each serving with 2 tablespoons of any low-sugar spaghetti sauce. It tastes amazing this way! Pairs well with a side of sausage.

\* Can be kept in the fridge for up to 7 days and reheated in the microwave or in a hot toaster oven each morning. *If you wish you can freeze, but freezing releases some liquid from the egg when it is reheated.*