

## SOUTHWESTERN EGG BAKE

8 eggs  
1 cup milk  
1/3 cup sharp cheddar cheese  
1/3 cup chopped onion or scallion  
1/2 cup chopped red pepper  
1 can chopped green chilies (choose your spiciness)  
1/2 t salt  
1/4 t pepper  
1/8 t ground cumin  
Fresh cilantro, guacamole, salsa and sour cream

Spray bottom and up sides about 2". Combine milk and eggs in container and whisk until frothy about 45 seconds. Add additional ingredients. May be made the night before. Cook on high 4-5 minutes. Let stand for 1 minute. Jiggle the container and watch for eggs to be set in the center. Add cook time as necessary.

Serve with fresh cilantro, guacamole, salsa and sour cream. Can also serve on fresh corn tortillas.

Note: Microwave power and container size may vary cook time.



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**Container Size:** 1.8 ltr - 5 ltr

**Serves:** 5 - 6

**Prep Time:** 10 minutes