It takes about 48 hours for milk to travel from the farm to the grocery store!

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Potato and Spinach Egg Bake

Servings: 6  
Prep time: 20 minutes  
Cook time: 60 minutes

Ingredients:
- 6 beaten eggs
- 3 cups low-fat milk
- 1 cup low-fat shredded Mozzarella cheese
- 1 teaspoon dried ground mustard
- 6 slices whole wheat bread, cubed
- 1 cup chopped onion
- 1 chopped red or green pepper
- 1 (10 ounce) package frozen chopped spinach, thawed and drained well
- 1 cup peeled potatoes, thinly sliced

Directions:
1. In a large bowl mix eggs, milk, cheese, and mustard together with a fork.
2. Add bread, onion, pepper, spinach and potato; stir until the bread is wet.
3. Cover bowl and refrigerate 12 hours or overnight (optional).
4. Preheat oven to 350 degrees.
5. Pour into a 9×13-inch baking dish and bake for 1 hour or until eggs are set and knife in center comes out clean.
6. Let stand 10 minutes before serving.

Nutrition Facts Per Serving:
- Calories: 410
- Total Fat: 9 g
- Saturated fat: 3.5 g
- Cholesterol: 195 mg
- Sodium: 460 mg
- Carbohydrates: 62 g
- Dietary Fiber: 7 g
- Protein: 23 g
- Calcium: 35% Daily Value

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