

Ham, Egg, & Cheese Croissant Bake

Recipe makes 6 meals

Ingredients

12 Whole Eggs, scrambled
6 Butter Croissants
1 C Shredded Colby Jack
9 oz Honey Ham, chopped
1 Tbsp Butter
1 Tbsp Ranch Seasoning
1 tsp Garlic Powder
1 tsp Salt
1/2 tsp Onion Powder
1/4 tsp Oregano
1/4 tsp Black Pepper
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 465

Fat - 28g

Carbohydrates - 26g

Protein - 27g

Estimated Cost
Per Meal

\$2.26

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Instructions

1. Start by preheating your oven to 375°F.
2. Chop your ham into small pieces. It doesn't have to be perfect. You just want it chopped enough to sprinkle on top of your eggs. When done, set aside.
3. In a mixing bowl, crack in your 12 eggs. Add 1 Tbsp ranch seasoning, 1 tsp garlic powder, 1 tsp salt, 1/2 tsp onion powder, 1/4 tsp oregano, and 1/4 tsp black pepper. Mix until the eggs are scrambled and seasoning is mixed in. Be sure to break up any clumps of seasoning.
4. Melt 1 Tbsp of butter in the microwave (about 20-30 seconds). Lightly brush the bottom of a 9x13 casserole dish with a little bit of your melted butter. You'll use the rest of the butter later.
5. Pour your egg mixture into the greased casserole dish. Bake in the oven on 375°F for 15 minutes.
6. After 15 minutes, remove from the oven. It will not be cooked all the way, so don't worry. Add half of your shredded cheese on top of the eggs.
7. Start pulling your croissants apart and adding them on top of your eggs. Continue doing this until all croissants are broken up and added. Once all of your croissants are added, brush with your remaining butter.
8. Sprinkle your chopped ham on top of the croissants, followed by the other half of your shredded cheese.
9. Place back in the oven for another 15 minutes, or until eggs are cooked all the way through.
10. Cut into 6 portions, divide into your meal containers, and enjoy!



Notes

- If you need to lower the fat in this dish for a medical reason, you can use egg whites instead of whole eggs, or do half whole eggs, and half egg whites. You can also use reduced fat shredded cheese. The croissants have a high fat content as well, so using 4-5 croissants instead of all 6 will also help lower the amount of fat without changing the flavor of the dish too much.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.