
Corned Beef Oven Omelet

Arloa Koning

Nettles Island Cooking in Paradise - 2014

8 eggs

1 cup milk

1/2 teaspoon seasoned salt

3 ounces thinly sliced corn beef

1 cup shredded Cheddar or Mozzarella cheese

1 tablespoon instant minced onion

In a bowl, beat the eggs. Place into an 11-1/2 x 7-1/2-inch (or 8x8-inch) greased baking dish.

Preheat the oven to 325 degrees.

Tear the corned beef into small pieces. Add the corned beef, milk, salt, cheese and minced onion to the baking dish. Mix well.

Bake for 40 to 45 minutes or until the top is golden brown.

Beef

Per Serving (excluding unknown items): 744 Calories; 48g Fat (59.6% calories from fat); 58g Protein; 15g Carbohydrate; trace Dietary Fiber; 1729mg Cholesterol; 1363mg Sodium. Exchanges: 6 1/2 Lean Meat; 1 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.