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## Oven-Scrambled Eggs

This a great way to start the morning with family and friends.

- 12 eggs
- 3/4 cup skim milk
- 1 tsp salt, optional
- 1/4 tsp pepper, optional
- 1.5 cups chopped spinach

In large bowl, beat together eggs, spinach and milk with salt and pepper, if desired, until blended. Pour egg mixture into lightly greased 13 x 9 x 2-inch baking pan. Place in preheated 350° F oven. As mixture begins to set, after about 7 minutes, pull out oven rack and gently draw an inverted pancake turner completely across bottom and sides of pan, forming large, soft curds. Continue baking. Repeat drawing a few more times until eggs are thickened and no visible liquid egg remains, about 12 to 15 minutes more. Do not stir constantly.  
Makes 6-12 servings