



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Baked Eggs Hash

Ingredients:

- 3 grated or chopped cooked potatoes
- 1 cup mixed vegetables, frozen
- salt and pepper to taste
- 1 Tablespoon butter
- 2 eggs
- ¼ cup 1% milk
- vegetable oil spray

Makes 4 servings - 24% calories from fat

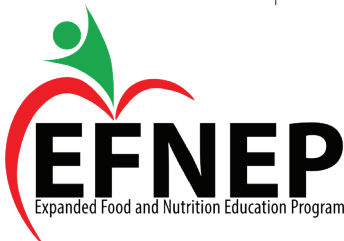
Instructions:

1. Spray a deep pie dish with vegetable oil spray.
2. Arrange a layer of potatoes, top with a layer of mixed vegetables. Sprinkle with salt and pepper: dot with butter.
3. In a small bowl beat eggs, add milk and beat again lightly.
4. Pour egg mixture over potatoes and bake at 375° F for 20 to 30 minutes or until eggs are done.

Notes:

- Use canned tomatoes with eggs instead of milk.
- Use leftover vegetables instead of mixed vegetables.

Nutrition Facts	
Serving Size 1/4 recipe	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 80mg	3%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 7g	
Vitamin A 15%	• Vitamin C 30%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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