

# EatAtHomeAlabama.com

## Vegetable Omelet

Prep Cook Time: 1 hour & 30 minutes

SERVES 6

### Ingredients:

- 1 1/3 cups shredded Monterey Jack cheese
- 2 cups chopped broccoli or 1 package (10 ounces) frozen chopped broccoli, thawed and drained
- 3 medium tomatoes, coarsely chopped (2 cups)
- 2 2/3 cups shredded Cheddar cheese
- 1 1/3 cups Barber's Dairy milk
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 4 eggs

### Steps

1. Heat oven to 350°F.
2. Layer Monterey Jack cheese, broccoli, tomatoes and Cheddar cheese in ungreased square baking dish, 8x8x2 inches. Beat milk, flour, salt and eggs until smooth; pour over cheese.
3. Bake uncovered 40 to 45 minutes or until egg mixture is set. Let stand 10 minutes before cutting.