Egg, Ham, and Spinach Breakfast Casserole

Ingredients

- 6 large eggs
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup low fat milk
- 1/2 cup low fat Greek yogurt
- 1/2 teaspoon thyme
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/3 cup mushrooms, diced
- 1 cup (packed) baby spinach
- 1 cup low fat shredded pepper jack cheese
- 1 cup ham, diced

Directions

1. In a bowl, whisk the eggs, salt, pepper, milk, yogurt, thyme, onion powder, garlic powder together until smooth.
2. Stir in the mushrooms, spinach, cheese, and ham.
4. Pour eggs mixture into the bottom of slow cooker.
5. Cover and cook on HIGH for 90 minutes-2 hours. Eggs should be set.
6. Slice and serve for breakfast or dinner.