

Breakfast Casserole

Hands-on - 10 min. Oven - 40 or 45 min.

Serves 4 or 8

Here's a special breakfast recipe that's not labor-intensive like pancakes or omelettes, yet is every bit as delicious. It's ideal to put in the oven before you head out to do your morning exercise. Be sure to keep this in mind for when you have overnight company—they'll love it!

Preheat oven to 375°
Coat baking dishes with cooking spray.
(Be sure to coat the sides of the dish too.)



Menu

Breakfast Casserole
English Muffins
Strawberries, Melon
or Grapes

For 4 For 8

3 cups **6 cups** **Ore Ida Potatoes O'Brien**
(hash browns with onions & peppers)
1/2 cup **1 cup** **reduced-fat shredded cheddar cheese***
2 oz **4 oz** **lean ham or Canadian bacon or low-fat**
smoked sausage (Healthy Choice)

Use an 8" x 8" baking dish for 4 servings and a 9" x 13" dish for 8 servings.

Place the frozen potatoes in the bottom of the baking dish. Break up large chunks. Cut the meat into small chunks. Sprinkle the meat and cheese over the potatoes.

2 **4** **whole eggs**
4 **8** **egg whites**
2 T **1/4 cup** **skim milk**
2 T **1/4 cup** **Dijon mustard**
1/4 tsp **1/2 tsp** **thyme**

In a small bowl, whip lightly with a fork. Pour evenly over the potato mixture.

20 grinds **40 grinds** **fresh ground pepper**

Top casserole with pepper. Place in oven uncovered and set timer for 40 minutes (4 servings) or 45 minutes (8 servings). No, don't read the paper; how about using one of those aerobic videos you have?

Serve with toasted English muffins and fresh fruit.



*See reduced-fat cheese tip on page xi (introduction).

Nutrition information for 1 cup casserole

Calories	183	Fat	5 g	Fiber	2 g	Sodium	457 mg	Total Carbohydrate	19 g
Calories from Fat	23%	Saturated Fat	2 g	Cholesterol	117 mg	Protein	15 g	Sugars	<1 g