

Overnight Egg Casserole

A hearty, hot breakfast!

 Level: Medium

Servings: 6 servings

Kids' Tool Kit

Skillet
8x8-inch pan
Wooden spoon
Cutting board
Knife
Small and large mixing bowls
Measuring cups



Ingredients:

6 ounces ground sausage
5 slices bread, crust removed
4 eggs, beaten
1 cup low fat milk
½ cup shredded cheddar cheese



Directions:

Remember to wash your hands!

Prepare the day before serving:

1. In a skillet, cook sausage until browned. Drain well on paper towel.
2. Cube or tear bread into small pieces. In a large mixing bowl, combine bread cubes, sausage and remaining ingredients.
3. Lightly coat 8x8-inch pan with cooking spray. Add egg mixture, cover with foil and refrigerate overnight.

Ready to bake the next day:

4. Preheat oven to 325 degrees. Bake, covered, for 45 minutes. Uncover and bake another 15 minutes or until brown. To serve, cut into squares. Refrigerate leftovers.

Chef's Choice

Overnight Egg Casserole
Mixed Fruit
Cinnamon roll or toast



Helpful Hints: This egg dish is a great recipe for kids to fix for "mom" or that special person on Mother's Day. Everyone can help with this recipe - little ones can tear the bread into pieces, older kids with adult supervision can cook the sausage and drain it, and those in-between can break the eggs and combine the ingredients. Children of all ages enjoy meals more when they have been involved in the planning and preparation.



Safety Tip: Buy eggs that are refrigerated because they can spoil quickly when they're not kept cold. Open cartons at the store to make sure the eggs are not cracked or dirty. Remember to refrigerate eggs as soon as you get home from the grocery store and use within about three weeks.

Nutrition Facts

Serving Size 1/6 of casserole
Servings Per Container 6

Amount Per Serving
Calories 250 Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

• Saturated Fat 5g 26%

Cholesterol 150mg 51%

Sodium 450mg 19%

Total Carbohydrate 15g 5%

• Dietary Fiber 0g 0%

• Sugars 3g

Protein 16g

Vitamin A 6% • Vitamin C 0%

Calcium 15% • 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 < 65g 80g

Saturated Fat < 20g 25g

Cholesterol < 300mg 300mg

Sodium < 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.