

Overnight Egg Casserole

A hearty, hot breakfast!

6 servings

Ingredients:

6 ounces ground sausage
5 slices bread, crust removed
4 eggs, beaten
1 cup low fat milk
1/2 cup shredded cheddar cheese

Directions:

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.

Nutrition Facts: One serving provides 250 calories, 13g total fat, 150mg cholesterol, 450mg sodium, 15g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Overnight Egg Casserole
Mixed Fruit
Cinnamon Roll or Toast

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