

Breakfast Casserole

SERVINGS about 8

TIME 45 minutes

INGREDIENTS

- 1 or 2 bell peppers
- 1 pound breakfast sausage
- 12 eggs
- ½ cup milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 package frozen shredded potatoes (about 20 ounces)
- 4 oz cheese (about 1 cup shredded)

EQUIPMENT

- 13x9 disposable pan + foil
- Cutting board and knife
- Large skillet
- Large bowl and medium bowl
- Liquid measuring cup & measuring spoons
- Wooden spoon (or spatula) and fork
- Cheese grater

DIRECTIONS

- Wash your hands!
- Preheat oven to 350°F.
- Spray a 13x9 pan with cooking spray.
- Dice pepper(s).
- Heat a skillet over medium heat. Once hot, put breakfast sausage in the pan and use a wooden spoon or spatula to break up and move around until cooked through. Add diced pepper towards the end and cook for 2-3 more minutes. Remove from heat.
- Grate cheese into a bowl.
- Crack eggs into a large mixing bowl and whisk with a fork. Add milk, salt, and pepper and stir to combine.
- Spread potatoes in the bottom of the 13x9 pan. Layer cooked sausage and pepper over the top of the potatoes. Then layer cheese on top of the sausage and pepper. Finally, pour egg mixture over the top, making sure to spread it evenly.
- Bake, uncovered, 50-60 minutes, until eggs are set.
- Let cool completely and cover tightly with foil.
- Tape information sheet to the top.

TIPS TO INVOLVE THE KIDS

- Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Have your child take time to dice the pepper, practicing knife skills. Help if necessary.
- Have your child crack eggs one at a time into a small bowl so shells can easily be removed.
- Have the kids layer all of the ingredients into the pan.

EXTRA!

- Enjoy with applesauce or clementines for breakfast, or a side salad for dinner

