



breakfast casserole

SERVINGS

about 8

TIME

30 min hands-on,
90 min total

INGREDIENTS

- 1 or bell peppers
- 1 pound breakfast sausage
- 12 eggs
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 package frozen shredded potatoes
- About 4 oz cheese

EQUIPMENT

- Large bowls (2-3) and skillet
- Liquid measuring cups and spoons
- Whisk, spatula, and fork
- Cheese grater
- Cutting board and knife

DIRECTIONS

- If you are going to be cooking the breakfast casserole right away, 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 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.
- Cook for 50-60 minutes, until eggs are set. Or, cover with foil and refrigerate until ready to cook.

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

