

Ham and Broccoli Breakfast Casserole

Prepare this easy ham and broccoli casserole the evening before. In the morning, just pop it in the oven for a delicious breakfast.

Prep Time: 20 mins / **Additional Time:** 8 hrs 50 mins

Total Time: 9 hrs 10 mins

Servings: 8 **Yield:** 8 servings

Nutrition Profile: Serving Size 1 portion

Calories 219 / total fat 9g / carbohydrate 20g / protein 15g



Ingredients

- 2 cups broccoli florets
- Nonstick cooking spray
- 4 cups frozen hash brown potatoes, thawed
- 2 tablespoons coarsely snipped fresh chives
- 6 ounces thinly sliced, lower-sodium cooked honey ham, chopped
- 1 cup shredded reduced-fat Cheddar cheese
- 8 eggs, lightly beaten
- ½ cup fat-free milk
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder

Directions

In a medium saucepan, cook 2 cups broccoli in boiling, lightly salted water for 3 minutes; drain. Rinse with cold water; drain again.

Coat a 2-quart rectangular baking dish with cooking spray. Add 4 cups potatoes and 2 tablespoons chives to the prepared dish; toss to combine. Top with broccoli, 6 ounces ham and 1 cup cheese.

In a medium bowl, combine the 8 eggs, 1/2 cup milk, 1/2 teaspoon salt, 1/2 teaspoon pepper and 1/4 teaspoon garlic powder. Pour egg mixture over potato mixture. Cover with foil and chill overnight.

To serve, preheat oven to 350° F. Bake, uncovered, 50 to 55 minutes or until eggs are set (160° F). If necessary, to prevent over-browning, cover with foil for the last 10 minutes.

To make ahead

Prepare and assemble the casserole the evening before. Store it covered in the refrigerator until ready to bake the following day. Remove it from the refrigerator about 30 minutes before baking it.

If you have leftovers, transfer them to an airtight container and store them in the refrigerator for up to 5 days. Individual portions can be reheated quickly in the microwave for about 30 seconds. Alternatively, you can warm servings in a toaster oven or conventional oven at 350° F for approximately 15 minutes. You can also fry some slices in a skillet if you prefer.

Can I freeze Ham and Broccoli Breakfast Casserole?

Certainly! That's the beauty of casseroles: You can easily prepare two at once and store one in the freezer for later. This breakfast casserole can be kept in one or more freezer-safe containers for at least 3 months. Just be sure to label it, and you can enjoy it at a later time.