



Make-Ahead Breakfast Casserole

INGREDIENTS

- 18 eggs
- 1/2 cup fat-free half & half
- 20 oz Great Value (or Aldi) shredded hash browns
- 9 slices Canadian bacon, diced
- 8 oz Cabot 75 cheese, shredded
- 1/2 onion, diced
- 4 oz mushrooms, diced

NUTRITION FACTS

Serves: 12

Amount Per Serving:

- Calories 187
- Total Fat 9 g
- Saturated Fat 4 g
- Cholesterol 294 mg
- Sodium 433 mg
- Carbohydrate 6 g
- Dietary Fiber 1 g
- Sugars 1 g
- Protein 19 g
- myWW Blue: 2
- myWW Purple: 1
- myWW Green: 5

NUTRITION FACTS

Serves: 16

Amount Per Serving:

- Calories 140
- Total Fat 7 g
- Saturated Fat 3 g
- Cholesterol 220 mg
- Sodium 325 mg
- Carbohydrate 4 g
- Dietary Fiber 0 g
- Sugars 1 g
- Protein 14 g
- myWW Blue: 2
- myWW Purple: 1
- myWW Green: 4

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Spray 13x9-inch casserole dish with cooking spray.
3. Whisk together eggs and half & half.
4. Add salt and pepper, if desired.
5. Spread hash browns into bottom of prepared baking dish.
6. Top with bacon, onion, mushrooms, and about half of the cheese.
7. Pour egg mixture over casserole.
8. Cover with foil and place in the refrigerator overnight.
9. In the morning, remove from refrigerator and place in 350-degree preheated oven and bake for approximately one hour, covered.
10. After one hour, remove foil from casserole, top with cheese, and bake an additional 20-30 minutes or until eggs are set and cheese is melted.
11. Remove from oven and let set for 10 minutes before cutting and serving.

This recipe can be found at:

<https://planningushealthy.com/breakfast-casserole>

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