

Breakfast

Breakfast Casserole

Eileen

Servings: 6

5 eggs or eggbeater equivalent
1 pound lite sausage
12 ounces half-and-half or skim milk
2 cups shredded cheese (lo-fat)
1 teaspoon mustard
6 slices bread
1/2 teaspoon salt
1/2 teaspoon pepper

Butter sides and bottom of a casserole dish.

Remove crust from bread. Butter both sides of bread and place in bottom of casserole.

Cook sausage and drain well.

In a bowl, mix eggs, mustard, salt, pepper and milk making sure all ingredients are blended.

Pour sausage over buttered bread and top with egg mixture.

Add cheese on top of egg mixture.

Cover and place in refrigerator overnight.

Bake at 375 degrees for 45 minutes but do not let sides burn.

Per Serving (excluding unknown items): 68 Calories; 1g Fat (12.7% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 323mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.