
Breakfast Casserole IV

Gail campbell

Nettles Island Cooking in Paradise - 2014

7 slices white bread with crust, buttered and cubed
1 pound mild maple sausage, cooked , crumbled and drained
3 cups sharp Cheddar cheese, grated
4 eggs
2 cups milk
1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon hot sauce or broccoli
craisins (optional)

Spray a 1-1/2 quart casserole dish with vegetable oil or cooking spray. Place the bread cubes in the casserole. Evenly distribute the sausage over the bread cubes. Add the broccoli and craisins. Sprinkle evenly with cheese.

Pour the egg mixture over the bread. Cover with plastic wrap. Refrigerate overnight. In a bowl, combine the eggs, milk, mustard, salt and hot sauce. Mix well.

The next morning, remove the casserole from the refrigerator. Allow to sit at room temperature for 15 minutes while heating the oven to 350 degrees.

Remove the plastic wrap. Place the casserole in the oven. Bake for one hour.

After 45 minutes, cover the casserole dish with foil or a glass cover so the cheese does not burn.

Breakfast

Per Serving (excluding unknown items): 603 Calories; 37g Fat (55.4% calories from fat); 42g Protein; 25g Carbohydrate; trace Dietary Fiber; 914mg Cholesterol; 2651mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 Non-Fat Milk; 4 1/2 Fat.