

As You Like it Egg Casserole

Serves 8

This is a way to use up leftover stale bread with eggs, cheese, milk and whatever else might be in the refrigerator or cabinet!

- 6-10 eggs
- 2-3 cups grated cheddar cheese (or a blend of your favorites)
- 4-4 ½ cups stale bread, cut into small pieces or cubes (from a sliced or crusty loaf)
- 2 cups of low-fat milk
- 3-4 cups of a combination of these (or make up your own):
 - 1 cup corn (frozen or canned corn, drained)
 - ½ cup chopped broccoli (leftover, fresh or frozen)
 - ½ cup of sliced mushrooms
 - ¼ cup chopped onion or green onions or chives
 - 1 cup cubed ham or cooked lean sausage or crumbled bacon
 - 1 teaspoon of dried or 1 tablespoon of fresh chopped herbs (basil, thyme, rosemary, oregano, dill, basil, or any other herb you prefer)

1. Preheat oven to 350F. Butter or spray a 9x13" casserole dish.

2. In a large bowl, beat eggs. Mix in milk and cheese. Add bread carefully and stir gently to coat the bread with the egg mixture.

3. Stir in the additional ingredients (usually a mixture of vegetables and maybe a little meat). Pour into casserole dish.

4. Bake in oven for 50 minutes or until the top is brown, the center is firm and a food thermometer reaches 165F.

Nutritional information varies with ingredients used. Using more vegetables and less meat would be a more nutritious choice.

Cooks Tip:

Ingredient proportions are estimates in egg dishes. Use more eggs for a firmer casserole. Some vegetables like zucchini and mushrooms have more water content and change the texture of the egg dish.

Safety First

- ✓ Eggs must always be refrigerated.
- ✓ Store eggs in their original carton.
- ✓ Discard eggs that have cracked shells. These eggs could contain the bacteria salmonella which may cause illness.

