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"Christmas Breakfast Casserole"

Becky Low
Dairy Farmers of Utah

Ingredients:

1	pound lean cooked Italian sausage
1	package (10 oz) frozen chopped spinach, thawed
4-5	cups moist bread cubes
1	can (6 oz.) sliced mushrooms, drained
1 1/2	cups reduced fat shredded Swiss cheese
3	cups 2% milk
6	eggs, beaten
1	tablespoon dried onion flakes
1/2	teaspoon garlic salt, or to taste
1	teaspoon dry mustard

Nutrition Facts

Serving Size 1 square
Servings Per Container 8

Amount Per Serving

Calories 370 — Calories from Fat 160

	% Daily Value*
Total Fat 18g	**28%**
Saturated Fat 8g	**40%**
Cholesterol 215mg	**72%**
Sodium 510mg	**21%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**10%**
Sugars 6g	
Protein 30g	

Vitamin A 70% • Vitamin C 20%
Calcium 40% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Method:

Preheat oven to 350 degrees F. Butter a 9x13 baking pan, set aside.

Scramble fry sausage (or cut into bite size pieces and fry); drain well. Blot excess fat from meat by pressing paper towel against cooked meat. For variety, substitute other meats of choice.

Thaw spinach, drain well (squeeze out excess liquid).

Place bread cubes in prepared 9x13 baking pan. Add cooked meat, drained mushrooms, spinach, and shredded Swiss cheese.

Beat together milk, eggs, onion, garlic salt, and dry mustard. Pour milk mixture over bread, meat and cheese. Gently press bread down to absorb milk. Bake immediately or cover and refrigerate for up to 24 hours (best if refrigerated overnight). Bake 45-50 minutes, or until knife inserted in center comes out clean.

Notes:

Breakfast casserole, a variation on bread pudding, makes a nice brunch or supper dish. It is best made with heavy or stale bread, but use what you have. In Colonial days bread pudding was a way to use old bread (not moldy, just stale). Recipe serves 8

Nutrition analysis has been calculated using white bread, lean pork, and Swiss cheese.

Mix and match cheese, vegetables, meats, and breads for tasty variety. Below are a few suggestions to start creative thinking. Measurements are approximate.

4-5 cups **Bread**	2 cups **Meat**	1 1/2 cups **Veg.**	1 1/2 cups **Cheese**
Rye Bread	Grilled Chicken	Green Chilies	Cheddar Cheese
French Bread	Corned Beef	Bell Peppers	Swiss Cheese
7-Grain Bread	Ham	Mushrooms	Mozzarella Cheese
Sourdough Bread	Sausage links, scramble	Tomatoes	Pepper Jack Cheese
Whole Wheat Bread	Roast Beef	Pimentos	Smoked Cheese
Specialty Bread	Shredded Roast Pork	Spinach	Specialty Cheese