



Cheesy Egg, Sausage, and Potato Casserole

Dress up your morning eggs. This quick-and-easy casserole is filling and delicious.

Ages: 6–18 years

Prep time: 15 minutes

Makes: 6 servings

Cook time: 30 minutes

the INGREDIENTS

Nonstick cooking spray

2²/₃ cups potatoes, diced, frozen, thawed

6 eggs, fresh, large, whole

¼ cup milk, low-fat (1%)

¾ cup cheddar cheese, shredded, reduced-fat

2 cups red bell peppers, fresh, cored, and ¼" diced (wash bell peppers under running water before cutting)

1 tsp onion powder

1 tsp garlic powder

1 ½ cups (7 oz) Italian sausage, mild, no more than 35% fat

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray a baking dish (8" x 8") with nonstick cooking spray.
4. In a small bowl, combine eggs, milk, and cheese. Whisk to mix. Set aside. Wash hands after touching uncooked eggs.
5. In a small bowl, combine bell peppers, thawed potatoes, onion powder, and garlic powder. Mix and set aside.
6. Heat a medium skillet on medium-high heat. Add Italian sausage. Crumble with a spoon as it cooks. Cook until golden brown, about 5 minutes. Heat to 165 °F for at least 15 seconds. Drain grease and discard.
7. Add bell pepper and potato mixture to skillet. Stir frequently. Cook for 3–5 minutes or until bell peppers begin to soften.
8. Transfer vegetable-sausage mixture to the baking dish. Allow mixture to cool for about 5 minutes.
9. Add egg mixture. Stir to mix.
10. Cook for 20 minutes. Heat to 165 °F for at least 15 seconds.
11. Cut into 6 even pieces.
12. Serve 1 piece. Serve immediately, or keep warm at 140 °F or higher.



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NUTRITION INFORMATION

1 piece Cheesy Egg, Sausage, and
Potato Casserole

Nutrients	Amount
Calories	299
Total Fat	20 g
Saturated Fat	6 g
Cholesterol	197 mg
Sodium	370 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	3 g
Includes Added Sugars	N/A
Protein	15 g
Vitamin D	N/A
Calcium	67 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy
Recipe Project

TeamNutrition.USDA.gov

the
CACFP CREDITING INFORMATION

½ cup vegetable
3 oz eq meat/meat alternate

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CHEF TIPS

- **Contains eggs and milk (milk and cheddar cheese).**
- Recommend serving with salsa.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP
- Freshly grated potatoes are a great substitution for frozen potatoes.
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.

