Cheesy Egg, Sausage, and Potato Casserole

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

**Ages:** 6–18 years  
**Makes:** 6 servings  
**Prep time:** 15 minutes  
**Cook time:** 30 minutes

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**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Nonstick cooking spray</td>
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<tr>
<td>2⅔ cups potatoes, diced, frozen, thawed</td>
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<tr>
<td>6 eggs, fresh, large, whole</td>
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<tr>
<td>¼ cup milk, low-fat (1%)</td>
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<tr>
<td>¾ cup cheddar cheese, shredded, reduced-fat</td>
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<tr>
<td>2 cups red bell peppers, fresh, cored, and ¼&quot; diced</td>
<td>(wash bell peppers under running water before cutting)</td>
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<tr>
<td>1 tsp onion powder</td>
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<tr>
<td>1 tsp garlic powder</td>
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<tr>
<td>1½ cups (7 oz) Italian sausage, mild, no more than 35% fat</td>
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**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.
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.
1 piece Cheesy Egg, Sausage, and Potato Casserole

**Nutrients** | **Amount**
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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**

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**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.