Cheesy Egg, Sausage, and Potato Casserole

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

**AGES:** 3–5 years  
**PREP TIME:** 45 minutes  
**COOK TIME:** 1 hour 20 minutes

**CACFP CREDITING INFORMATION**  
¼ cup vegetable  
1½ oz eq meat/meat alternate

**SOURCE**  
Team Nutrition CACFP Easy Recipe Project  
TeamNutrition.USDA.gov

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
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<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td></td>
<td>1 lb 7 oz</td>
<td>1 qt + 1½ cups</td>
<td>2 lb 14 oz</td>
</tr>
<tr>
<td>Nonstick cooking spray</td>
<td>1 spray</td>
<td>2 sprays</td>
<td></td>
</tr>
<tr>
<td>Potatoes, diced, frozen, thawed</td>
<td></td>
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</table>

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray a steam table pan with nonstick cooking spray.  
   For 25 servings, use a half pan (10¾” x 12¾” x 2½”).  
   For 50 servings, use 1 full pan (12” x 20” x 2½”).
### INGREDIENTS

<table>
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<tr>
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<th>DIRECTIONS</th>
</tr>
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<tr>
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<td><strong>Weight</strong></td>
<td><strong>Measure</strong></td>
</tr>
<tr>
<td>Eggs, fresh, large whole OR eggs, liquid whole, frozen</td>
<td>1 lb + 6½ oz liquid eggs 13</td>
<td>2 lb + 13 oz liquid eggs 25</td>
<td>4 In a large bowl, combine eggs, milk, and cheese. Whisk to mix. Set aside. Wash hands after touching uncooked eggs.</td>
</tr>
<tr>
<td>Milk, low-fat (1%)</td>
<td>½ cup</td>
<td>1 cup</td>
<td></td>
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<tr>
<td>Cheddar cheese, shredded, reduced-fat</td>
<td>6¼ oz 1½ cups + 1 Tbsp</td>
<td>12½ oz 3 cups + 2 Tbsp</td>
<td>5 In a large bowl, combine bell peppers, thawed potatoes, onion powder, and garlic powder. Mix and set aside.</td>
</tr>
<tr>
<td>Red bell peppers, fresh, cored ¼&quot; diced* (gently wash bell peppers under running water before cutting)</td>
<td>1 oz 5 oz 1 qt</td>
<td>2 lb 10 oz 2 qt</td>
<td></td>
</tr>
<tr>
<td>Onion powder</td>
<td>2 tsp</td>
<td>1 Tbsp + 1 tsp</td>
<td></td>
</tr>
<tr>
<td>Garlic powder</td>
<td>2 tsp</td>
<td>1 Tbsp + 1 tsp</td>
<td></td>
</tr>
<tr>
<td>Italian sausage, mild, no more than 35% fat</td>
<td>15 oz 3½ cups</td>
<td>1 lb + 14 oz 6¼ cups</td>
<td>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.</td>
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<td>7 Add bell pepper and potato mixture to skillet. Stir frequently. Cook for 8–10 minutes or until bell pepper begins to soften.</td>
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<td>8 Transfer vegetable-sausage mixture to the steam table pan. Allow mixture to cool for about 5 minutes.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>9 Add egg mixture. Stir to mix.</td>
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<tr>
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*See Marketing Guide*
### NUTRITION INFORMATION

1 piece Cheesy Egg, Sausage, and Potato Casserole

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>151</td>
</tr>
<tr>
<td>Total Fat</td>
<td>10 g</td>
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<tr>
<td>Saturated Fat</td>
<td>3 g</td>
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<tr>
<td>Cholesterol</td>
<td>102 mg</td>
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<tr>
<td>Sodium</td>
<td>187 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>8 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>2 g</td>
</tr>
<tr>
<td>Includes Added Sugars</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
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<tr>
<td>Vitamin D</td>
<td>N/A</td>
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<tr>
<td>Calcium</td>
<td>34 mg</td>
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<tr>
<td>Iron</td>
<td>1 mg</td>
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<tr>
<td>Potassium</td>
<td>N/A</td>
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N/A = Data not available

### NOTES

- Contains eggs and milk (milk and cheddar cheese).
- Recommend serving with salsa.
- 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.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.

### YIELD/VOLUME

<table>
<thead>
<tr>
<th></th>
<th>25 Servings</th>
<th>50 Servings</th>
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<tbody>
<tr>
<td>Weight</td>
<td>5 lb</td>
<td>10 lb</td>
</tr>
<tr>
<td>Yield</td>
<td>25 pieces</td>
<td>50 pieces</td>
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### MARKETING GUIDE

<table>
<thead>
<tr>
<th>Food as Purchased for:</th>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red bell peppers, fresh</td>
<td>1 lb 13 oz</td>
<td>3 lb 9¾ oz</td>
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