

Cheesy Egg, Sausage, and Potato Casserole

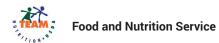
Dress up your morning eggs. This quick-and-easy casserole is filling and delicious.

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

CACFP CREDITING INFORMATION ¹/₄ cup vegetable ¹/₂ oz eq meat/meat alternate

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

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS	
	Weight	Measure	Weight	Measure	DIRECTIONS	
					 Wash hands with soap and water for at least 20 seconds. 	
					2 Preheat oven to 375 °F.	
Nonstick cooking spray		1 spray		2 sprays	 Spray a steam table pan with nonstick cooking spray. For 25 servings, use a half pan (10³/₈" x 12³/₄" x 2¹/₂"). For 50 servings, use 1 full pan (12" x 20" x 2¹/₂"). 	
Potatoes, diced, frozen, thawed	1 lb 7 oz	1 qt + 1½ cups	2 lb 14 oz	2 qt + 3¼ cups		



	25 SERVINGS		50 SERVINGS			
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Eggs, fresh, large whole OR eggs, liquid whole, frozen	1 lb + 6½ oz liquid eggs	13	2 lb + 13 oz liquid eggs	25	4 In a large bowl, combine eggs, milk, and cheese. Whisk to mix. Set aside. Wash hands after touching uncooked eggs.	
Milk, low-fat (1%)		½ cup		1 cup		
Cheddar cheese, shredded, reduced-fat	6¼ oz	1½ cups + 1 Tbsp	12½ oz	3 cups + 2 Tbsp		
Red bell peppers, fresh, cored ¼" diced* (gently wash bell peppers under running water before cutting)	1 oz 5 oz	1 qt	2 lb 10 oz	2 qt	5 In a large bowl, combine bell peppers, thawed potatoes, onion powder, and garlic powder. Mix and set aside.	
Onion powder		2 tsp		1 Tbsp + 1 tsp		
Garlic powder		2 tsp		1 Tbsp + 1 tsp		
Italian sausage, mild, no more than 35% fat	15 oz	3¼ cups	1 lb + 14 oz	6¼ cups	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 8–10 minutes or until bell pepper begins to soften.	
					8 Transfer vegetable-sausage mixture to the steam table pan. Allow mixture to cool for about 5 minutes.	
					9 Add egg mixture. Stir to mix.	





	25 SERVINGS		50 SERVINGS		DIDECTIONO	
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
					10 Cook for 45–50 minutes. Heat to 165 °F for at least 15 seconds.	
					 Cut into pieces. For 25 servings, cut pan into 25 even pieces. For 50 servings, cut each pan into 25 even pieces. 	
					12 Serve 1 piece. Serve immediately, or keep warm at 140 °F or higher.	

*See Marketing Guide





NUTRITION INFORMATION

1 piece Cheesy Egg, Sausage, and Potato Casserole

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

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				
25 Servings	50 Servings			
Weight: 5 lb	Weight: 10 lb			
Yield: 25 pieces	Yield: 50 pieces			

*MARKETING GUIDE						
Food as Purchased for:	25 Servings	50 Servings				
Red bell peppers, fresh	1 lb 13 oz	3 lb 9¾ oz				

