



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

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 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 (10^{3⁄8}" x 12^{3⁄4}" x 2^{1⁄2}"). For 50 servings, use 1 full pan (12" x 20" x 2^{1⁄2}").
Nonstick cooking spray		1 spray		2 sprays	
Potatoes, diced, frozen, thawed	1 lb 7 oz	1 qt + 1½ cups	2 lb 14 oz	2 qt + 3¼ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS	
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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	3¾ 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.	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					10 Cook for 45–50 minutes. Heat to 165 °F for at least 15 seconds.
					11 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
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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
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Vitamin D	N/A
Calcium	34 mg
Iron	1 mg
Potassium	N/A

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

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

