



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: 45 minutes

COOK TIME: 1 hour 20 minutes

CACFP CREDITING INFORMATION

½ cup vegetable

3 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.
					<ol style="list-style-type: none"> 2 Preheat oven to 375 °F.
Nonstick cooking spray		1 spray		2 sprays	<ol style="list-style-type: none"> 3 Spray a steam table pan 12" x 20" x 2½" with nonstick cooking spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Potatoes, diced, frozen, thawed	2 lb 14 oz	2 qt + ¾ cups	5 lb 12 oz	1 gal + 2 qt + 2½ cups	<ol style="list-style-type: none"> 4 In a large bowl, combine eggs, milk, and cheese. Whisk to mix. Set aside. Wash hands after touching uncooked eggs.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Eggs, fresh, large whole OR eggs, liquid whole, frozen	2 lb + 13 oz liquid eggs	25	5 lb + 10 oz liquid eggs	50	
Milk, low-fat (1%)	8 fl oz	1 cup	16 fl oz	2 cups	
Cheddar cheese, shredded, reduced-fat	12½ oz	3 cups + 2 Tbsp	1 lb 9 oz	6¼ cups	
Red bell peppers, fresh, cored ¼" diced* (gently wash bell peppers under running water before cutting)	2 lb 10 oz	2 qt	5 lb 4 oz	1 gal	5 In a large bowl, combine bell peppers, thawed potatoes, onion powder, and garlic powder. Mix and set aside.
Onion powder		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Garlic powder		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Italian sausage, mild, no more than 35% fat	1 lb 14 oz	1 qt + 2¼ cups	3 lb + 12 oz	3 qt + ½ cup	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. Slightly 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	299
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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
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Vitamin D	N/A
Calcium	67 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: 10 lb 2 oz	Weight: 20 lb 4 oz
Yield: 25 pieces	Yield: 50 pieces

***MARKETING GUIDE**

Food as Purchased for:	25 Servings	50 Servings
Red bell peppers, fresh	3 lb 9¾ oz	7 lb ¾ oz

