Sausage & Egg Casserole

6 servings

1 lb reduced fat sausage, ground turkey or lean ground beef
6 slices bread
1 cup shredded reduced fat cheese
4 eggs
2 cups low fat milk
1/2 tsp salt
1 tsp dry mustard (optional)

1. Brown the meat in a skillet; drain on a paper towel.
2. Toast 6 slices of bread; cut into 1/2 inch pieces (like croutons).
3. Mix the meat, cheese, and bread cubes and put into a greased 8 x 8 inch baking pan or cast iron skillet.
4. In another bowl, mix together eggs, milk, salt and mustard. Pour over the bread, meat and cheese; (may let set in the refrigerator overnight if desired).
5. Bake at 350° for an hour. Let set 15 minutes after removing from the oven, so the egg custard mixture will set more firmly.

Healthy Menu

Sausage & Egg Casserole
Celery Sticks and Salsa
Toast with Jam
Grapefruit Half
Milk