

Breakfast Casserole

Ingredients

10 ounce bag frozen hash brown potatoes or tater-tots, gluten-free

1 cup cooked breakfast meat (sweet Italian sausage, diced ham or bacon work well), cut into bite sized pieces

6 eggs

1 cup milk

1 tablespoon dried parsley flakes

6 ounces cheddar cheese, grated

1 large tomato, thinly sliced

¼ teaspoon salt

¼ teaspoon pepper

Directions

Preheat oven to 175°C (350°F)

Grease a square pan. Line the bottom of the pan with the **hash browns**.

Sprinkle **cooked breakfast meat** over potatoes.

Whisk together the **eggs, milk, parsley** and half of the **cheese** in a medium bowl. Pour the egg mixture over the sausage.

Lay the **tomato** slices on top and sprinkle **salt** and **pepper** on the tomatoes.

Sprinkle remaining cheese on top

Bake for 55 minutes or until center is firm.

Let cool for a few minutes before serving.

Notes

If hash browns are not available, fresh potatoes can be used. Peel and dice the potatoes into ¼ inch cubes. Boil in a pot of salted water for 5 to 10 minutes until fork tender. Drain and cool for use in casserole.

For a larger casserole, use a 9" x 13" pan and the following measurements: 16 oz bag of hash brown potatoes, 8 eggs, 1 ⅓ cup milk, 8oz bag of cheddar/mozzarella cheese.