# AMERICAN EGG BOARD CULINARY LIBRARY

|  |
| --- |
| **M-0911-01 Confetti Breakfast Casserole** |

**Prep Time: 20 minutes**

**Refrigeration Time: 8 hours or overnight**

**Cook Time: about 55 minutes**

**Makes: 8 servings**

|  |
| --- |
| **WHAT YOU NEED**  |

|  |  |
| --- | --- |
|  | **Cooking spray** |
| **2** | **tablespoons butter** |
| **1** | **cup diced red peppers** |
| **1** | **cup diced green peppers** |
| **1/2** | **cup chopped onion** |
| **1** | **tablespoon minced garlic** |
| **8** | **cups hearty French bread, cut into 1-inch cubes** |
| **2** | **cups chopped reduced sodium sautéed ham** |
| **3** | **cups fat free half and half** |
| **8** | **eggs** |
| **2** | **cups (8 ounces) shredded sharp cheddar cheese** |

|  |
| --- |
| **HERE'S HOW** |

1. **SPRAY** a 13 x 9-inch baking dish with cooking spray; set aside.
2. **MELT** butter in a large skillet on medium-high heat. **COOK** and **STIR** peppers and onion 3 to 5 minutes or until crisp-tender. During last 2 minutes of cooking, **STIR** in garlic.
3. **PLACE** bread cubes in prepared baking dish. **SPRINKLE** cooked vegetables and ham over bread.
4. **COMBINE** half and half and eggs in large bowl until blended. **STIR** in cheese. **POUR** egg mixture over top of casserole mixture, lightly pressing liquid into mixture. **COVER** casserole with plastic wrap. **REFIGERATE** several hours of overnight.
5. **PREHEAT** oven to 350°F. **REMOVE** plastic wrap from casserole. **BAKE** 50 minutes or until puffy and knife inserted near center comes out clean. Let stand 10 minutes before serving.

|  |
| --- |
| **ENJOY** |

|  |
| --- |
| **INSIDER INFORMATION** |

Substitute mozzarella cheese for the cheddar.

Sprinkle casserole with 1/2 cup shredded Parmesan cheese during last 15 minutes of baking, if desired.

|  |
| --- |
| **NUTRITION INFORMATION** |

**Nutrition information per serving (1/8th of the recipe):** 386 calories;

19g total fat; 10g saturated fat; 1g polyunsaturated fat; 6g monounsaturated fat; 230mg cholesterol; 770mg sodium; 27g carbohydrate; 2g dietary fiber;

23g protein; 1275.3IU Vitamin A; 33.2IU Vitamin D; 69.4mcg folate;

335.1mg calcium; 2.4mg iron; 39.1mg choline.

This recipe is an ***excellent* source** of protein, Vitamin A and calcium, and a ***good*** **source** of folate and iron.