

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Overnight Egg Casserole

A hearty, hot breakfast!  
Medium Servings: 6 servings

Ingredients:  
6 ounces ground sausage  
5 slices bread, crust removed  
4 eggs, beaten  
1 cup low fat milk  
1/2 cup shredded cheddar cheese

Directions:  
Remember to wash your hands!  
Prepare the day before serving:  
1. In a skillet, cook sausage until browned. Drain well on paper towel.  
2. Cube or tear bread into small pieces. In

a large mixing bowl, combine bread cubes, sausage and remaining ingredients.  
3. Lightly coat 8x8-inch pan with cooking spray. Add egg mixture, cover with foil and refrigerate overnight.  
Ready to bake the next day:  
4. Preheat oven to 325 degrees. Bake, covered, for 45 minutes.  
Uncover and bake another 15 minutes or until brown. To serve, cut into squares. Refrigerate leftovers.



## Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Ground Sausage .....	Meat
Bread .....	Bakery
Eggs .....	Dairy
Low Fat Milk .....	Dairy
Shredded Cheddar Cheese .....	Dairy




**Helpful Hints:** This egg dish is a great recipe for kids to fix for "mom" or that special person on Mother's Day. Everyone can help with this recipe – little ones can tear the bread into pieces, older kids with adult supervision can cook the sausage and drain it, and those in-between can break the eggs and combine the ingredients. Children of all ages enjoy meals more when they have been involved in the planning and preparation.

**Safety Tip:** Buy eggs that are refrigerated because they can spoil quickly when they're not kept cold. Open cartons at the store to make sure the eggs are not cracked or dirty. Remember to refrigerate eggs as soon as

Nutrition Facts	
Serving Size 1/6 of casserole	
Servings Per Container 6	
Amount Per Serving	
Calories 250	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
• Saturated Fat 5g	26%
Cholesterol 150mg	51%
Sodium 450mg	19%
Total Carbohydrate 15g	5%
• Dietary Fiber 0g	0%
• Sugars 3g	
<b>Protein 16g</b>	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories - 2,000      2,500	
Total Fat	< 65g      80g
Saturated Fat	< 20g      25g
Cholesterol	< 300mg      300mg
Sodium	< 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Kids' Tool Kit

- Skillet 
- 8x8-inch pan
- Wooden spoon
- Cutting board
- Knife
- Small and large mixing bowls
- Measuring cups

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