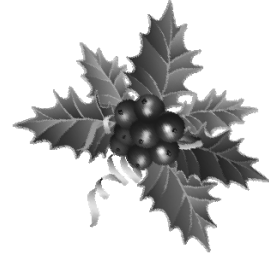


Hash Brown Breakfast Casserole

A make-ahead casserole that allows you time to enjoy the festivities!

- 3 c. frozen hash brown potatoes
- 1 ½ c. (6 oz) chopped extra-lean ham
- ¾ c. (3 oz) reduced-fat sharp Cheddar cheese
- ¼ c. sliced green onions
- 1 can (12 oz) fat-free evaporated milk
- 1 Tbsp. all-purpose flour
- 1 c. cholesterol free egg substitute (or 4 eggs, beaten)
- ½ tsp. black pepper



1. Lightly coat 8-inch square baking dish with nonstick cooking spray.
2. Layer potatoes, ham, cheese and onions in dish.
3. In a small bowl, gradually whisk milk into flour. Stir in egg substitute (or eggs) and pepper. Pour over all other ingredients.
4. Preheat oven to 350°F. Bake, uncovered, 55 to 60 minutes or until knife inserted into center comes out clean. Remove from oven; let stand 10 minutes before serving.
5. **NOTE: May prepare the day before and refrigerate. Prior to baking, remove from refrigerator and let sit for 30 minutes.**

Yield: 6 servings

Nutritional Information: Per serving: (using egg substitute)

Calories: 223 (246 made with whole eggs)

Total Fat: 9 g (11.8 g made with whole eggs)

Cholesterol: 19 mg (143 mg made with whole eggs)

Carbohydrates: 24 g

Fiber: 1 g

Protein: 21 g

Sodium: 748 mg (710 mg made with whole eggs)