



Friday Facts

October 22, 2021

Start the Morning Right

The nice thing about a casserole is that it can be made with any number of ingredients, depending on what you have on hand.

Healthy Breakfast Casserole with Sweet Potato Hash Browns

Ingredients

- 1 large sweet potato, grated (approx. 3 cups)
- 1/2 medium white onion, diced
- 1 large green pepper, diced
- 3 cloves garlic, mashed and minced
- 6 strips of bacon, cooked and chopped
- 12 large eggs, beaten
- 1/2 cup milk
- 1 tsp. dried mustard
- 1 tsp. paprika
- 1/4 to 1/2 tsp. salt
- 1 Tbsp. hot sauce
- 1/2 cup shredded gouda cheese

(Want the dish to be dairy-free? Substitute milk for unsweetened almond milk and skip the cheese.)

Directions

1. Preheat oven to 350 degrees F and spray a 9x13-inch casserole dish with cooking spray. Set aside.
2. Grate sweet potato with skin on and place into the casserole dish. Add white onion, green pepper, garlic, and cooked bacon to the casserole dish. Mix all vegetables and bacon together. Set aside.
3. In a large bowl, whisk eggs together until combined. Add milk to the eggs and whisk again. Next, add mustard, paprika, salt, and hot sauce to the egg mixture and whisk one final time.

4. Pour egg mixture into the casserole dish. Make sure all veggies and bacon are covered.
5. Place casserole dish into the oven and bake for 30 minutes. Then add cheese and bake for an additional 5 minutes.

You can also prep this dish the night before and bake in the morning.

(Recipe and photo from FitFoodieFinds.com.)



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