

## Breakfast Casserole



### INGREDIENTS:

- 8 large eggs
- 4 large egg whites
- 3/4 cup milk, skim or 1%
- 2 tsp dried mustard
- 1 tsp garlic salt
- 1/2 tsp pepper, black
- 8 cups hash browns, frozen, shredded
- 1/2 cup chopped onions
- 1 cup chopped peppers, sweet, red, fresh
- 1 1/2 cups chopped broccoli
- 3/4 cup finely shredded sharp cheddar cheese

### TIP:

For more texture, try using frozen diced potatoes instead.

## Breakfast Casserole

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### DIRECTIONS:

1. In a medium sized bowl, whisk together the whole eggs, egg whites, milk, mustard, garlic salt, salt and pepper. Set aside.
2. Lightly grease the inside of a slow cooker. Place half the hash browns on the bottom. Layer with half the chopped onion, bell peppers, broccoli and cheese. Add the last half of the hash browns, then top with the rest of the vegetables and cheese. Pour all of the egg mixture on top.
3. Cover and cook for four hours on low heat. Serve hot.

### SERVING SIZE:

10 one-cup servings

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### NUTRITION FACTS:

Calories: 172.9; Total Fat: 6.9g; Total Carbohydrates: 16.2g; Dietary Fiber: 2.4g; Protein: 11.1g



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