

Brunch or Supper Casserole

- 1 tsp margarine
- 2-3 cups chopped vegetables (fresh or frozen)
- 1 can mushrooms (4 ounces)
- 2 cups frozen hash brown potatoes, thawed
- 1½ teaspoons prepared mustard
- 4 eggs
- ¾ cup fat-free (skim) milk
- ¼ tsp black pepper
- ½ cup Cheddar cheese, shredded
- ¼ tsp garlic salt (or table salt)



1. Grease a casserole dish (9x9) or spray the dish with nonstick cooking spray.
2. Melt margarine and sauté the vegetables in a large skillet 5-10 to minutes over medium heat until tender.
3. In a large bowl, beat eggs with milk. Stir in thawed potatoes, mustard, garlic salt, pepper, vegetables and mushrooms. Pour into casserole dish.
4. Cover and refrigerate overnight or several hours.
5. Bake uncovered in 350° oven for 25-35 minutes or until set. Sprinkle cheese on top a few minutes before end of baking time.