

# Have a Hearty Breakfast on Hand for the Holidays

By Susie Iventosch



Breakfast Casserole with artichoke hearts

Photo Susie Iventosch

**D**uring the holidays things can get hectic, but just because you're extra busy it doesn't mean family and holiday house guests aren't hungry when they wake up in the morning! These breakfast casseroles are a take-off on one a friend gave to me years ago. They are delicious and incorporate all of

the great makings of a hearty breakfast: eggs, sausages, bacon, cheese, veggies—all in one dish! And, best of all, they can be made a day or two ahead and reheated. These are just a couple of variations we like, but you can use your imagination and add whatever ingredients make you happy!

## Mediterranean Breakfast Casserole

(Serves 6-8)

### INGREDIENTS

- 1 pound turkey bacon, cooked and broken into small pieces
- 1 pound turkey sausage patties, cooked and crumbled
- 1 quart Eggbeaters (or 1 dozen eggs)
- ½ cup milk or plain nonfat yogurt
- 1 pound bag shredded hash browns
- 1/4-1/3 cup olive oil (used for sautéing veggies and potatoes)
- 1 red onion, chopped
- 1 package (6-pack) baby portabella mushrooms, sliced
- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 red bell pepper, seeded and chopped
- 1/3 cup sundried tomatoes, sliced or chopped (optional)
- 2 cups shredded cheese (your choice on what kind ... I'd use feta, too!)
- Salt & Pepper to taste

### DIRECTIONS

In a large frying pan, cook hash browns in olive oil over medium-high heat until golden-brown. Transfer potatoes into a large mixing bowl. (If you are in a big rush, you can skip browning the potatoes and use them straight from the bag.) Using the same pan, heat olive oil and sauté onions until soft. Add mushrooms and cook both until caramelized. Toss into bowl with potatoes. Again, in same pan, add a little more olive oil and cook artichoke hearts and red bell peppers until just starting to brown. Dump into bowl. Add sundried tomatoes, sausage, bacon and half the cheese to mixture in bowl. Season with Italian herbs and S&P and mix well. Spread potato-vegetable mixture evenly in the bottom of a greased 9x13 baking dish. Mix eggbeaters with milk or plain yogurt, and pour over potato mixture. Sprinkle remaining cheese over the top. Bake at 350° for approximately 35 minutes, or until eggs are cooked and cheese is browned. Enjoy!

## Southwest Breakfast Casserole

(Serves 6-8)

### INGREDIENTS

- 1 pound turkey or pork bacon, cooked and broken into small pieces
- 1 pound turkey or pork sausage patties, cooked and crumbled, or crumbled chorizo
- 1 quart Eggbeaters (or 1 dozen eggs)
- ½ cup milk or plain nonfat yogurt
- 1 pound bag shredded hash browns
- 2-4 tablespoons olive oil (used for sautéing onions and potatoes)
- 1 red or yellow onion, chopped
- 1 cup fresh or frozen corn kernels (frozen roasted corn from Trader Joe's is great in this dish)
- 1 large can diced Ortega chilies, or one Poblano pepper, roasted, seeded and diced
- 1 red bell pepper, seeded and chopped
- 1 tablespoon Louisiana hot sauce (or your favorite hot sauce, quantity varies based upon sauce!)
- 2 cups shredded pepper jack or white cheddar cheese
- Salt & Pepper to taste
- For Garnish:
  - ¾ cup green or red salsa
  - 1/3 cup fresh tomatoes, chopped (optional)
  - 1-2 avocados coarsely chopped or sliced
  - ½ cup chopped cilantro leaves

### DIRECTIONS

In a large frying pan, cook hash browns in olive oil over medium-high heat until golden-brown. Transfer potatoes into a large mixing bowl. (If you are in a big rush, you can skip browning the potatoes and use them straight from the bag.) Add corn, chilies/peppers, sausage and bacon and half the cheese to mixture in bowl. Add hot sauce and season with and S&P. Mix well. Spread potato mixture evenly in the bottom of a greased 9x13 baking dish. Mix eggbeaters with milk or plain yogurt, and pour over potato mixture. Sprinkle remaining cheese over the top. Bake at 350° for approximately 35 minutes, or until eggs are cooked and cheese is browned. Happy Holidays!

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net. Susie can be reached at suziventosch@gmail.com. **These recipe is available on our web site** www.lamorindaweekly.com If you would like to share your favorite recipe with Susie please contact her by email or call our office at 925-377-0977.



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