

## ALTERNATE FILLING IDEAS FOR THE EASY EGG CASSEROLE

- Season with dry mustard, seasoning salt, or paprika instead of salt and garlic salt.
- Use leftover roasted or boiled potatoes instead of the frozen hashbrowns.
- Try a mixture of sharp cheddar, mozzarella and Monterey Jack cheese as an alternative to cheddar cheese.

## EGGS FOR THE HOLIDAYS

- For festive recipes for everything from egg nog to Christmas cookies, check us out online at [www.eggs.ab.ca](http://www.eggs.ab.ca).



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## EASY EGG CASSEROLE

A perfect make-ahead dish for Christmas morning.

2 kg	sausage	1 lb
15 mL	butter	1 tbsp
2	onions, sliced	2
500 mL	mushrooms, sliced	2 cups
1000 mL	frozen hashbrowns	4 cups
5 mL	salt	1 tsp
1 mL	garlic salt	¼ tsp
2 mL	ground black pepper	½ tsp
6	eggs	6
750 mL	milk	1½ cups
15 mL	fresh parsley, chopped	1 tbsp
250 mL	cheddar cheese, shredded	1 cup



1. Crumble the sausage into a skillet. Cook over medium high heat until browned. Drain and set aside.
2. In a separate skillet, melt the butter. Add the onions and cook until tender. Add the mushrooms and continue cooking for about four more minutes.
3. Place the hashbrowns in the bottom of a greased 23 × 33 cm (9 × 13 inch) casserole dish. Season with salt, garlic salt, and pepper. Add the cooked sausage, onions, and mushrooms.
4. In a large bowl, beat the eggs together with the milk and parsley. Pour over the casserole, and top with the grated cheese.
5. Cover with plastic wrap and refrigerate overnight.
6. The next morning, preheat the oven to 200° C (400° F). Remove the casserole from the refrigerator and let it sit for about 20 minutes.
7. Remove the plastic wrap and bake for 1 hour or until set.

EGGSTRAVAGANCE is all about eggs, featuring recipe ideas and cooking tips to help make eggs a part of your healthy lifestyle. To subscribe, please send an email to [eggstravagance@eggs.ab.ca](mailto:eggstravagance@eggs.ab.ca). EGGSTRAVAGANCE is published monthly by the Alberta Egg Producers.

## EGG-CELLENT IDEAS: EGGS-TO-GO!

2	eggs	2
30 mL	milk	2 tbsp
pinch	Italian seasoning	pinch
	salt and pepper, to taste	
30 mL	cheddar cheese, shredded	2 tbsp
2 mL	fresh parsley, chopped	½ tsp



1. In a microwaveable-mug, beat the eggs, milk, and seasonings.
2. Cover loosely with plastic wrap. Leave a small vent for the steam to escape.
3. Microwave for 1–1½ minutes. (Cooking times will vary. Start with one minute, and cook longer if required.)
4. Remove the plastic wrap and stir the egg mixture. Sprinkle with cheese and parsley; cover again and let stand for about one minute. Makes a quick, healthy breakfast for those busy mornings.

## DID YOU KNOW...

Adding a small amount of liquid (about 3 mL or ½ tsp) such as water or milk to your microwaved eggs before cooking will make the eggs more tender, and will help them to cook more evenly.



## FEEDBACK:

How do you make eggs a part of your busy day? Send your ideas to [eggstravagance@eggs.ab.ca](mailto:eggstravagance@eggs.ab.ca) and be entered to win a Get Cracking prize pack.

## EGGS 101

Eggs are quick, easy, and healthy!

1. For a grab-and-go snack, keep hard-cooked eggs in the refrigerator. Make sure to label the eggs as hard-cooked, and use them within one week.
2. For breakfast, cook an egg in the microwave while you toast a piece of bread. A great idea for busy mornings, and your breakfast is ready in minutes!
3. Eggs are great for breakfast, lunch and dinner! Visit [www.eggs.ab.ca](http://www.eggs.ab.ca) for more easy egg recipe ideas.

## EGG TIP:

When cooking eggs in the microwave, always start by cooking for the minimum time recommended, then check the eggs and cook longer if necessary. The eggs will continue cooking slightly when they come out of the microwave, so it's always better to slightly undercook your eggs. Overcooking will result in rubbery eggs.

## EGG FACT:

Eggs are one of the few foods considered to be a complete protein as they contain all 9 essential amino acids.

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