

Breakfast Casserole

Ingredients

2 tsp extra-virgin olive oil
1 large onion, chopped
1 TBS garlic powder
10 ounces mushrooms, trimmed and sliced (3 cups sliced)
1 green bell pepper, diced
1 yellow summer squash, or zucchini, diced
2 cups cherry tomatoes, cut in half
½ tsp crushed red pepper, (optional)
Salt & freshly ground pepper, to taste
5 small or medium eggs
2 ½ cups bread cubes



Directions

- 1) 1 Preheat oven to 400°F.
- 2) 2 Heat oil in a large nonstick skillet over medium heat. Add onion and sauté until softened, 3 to 5 minutes. Stir in garlic powder and cook, stirring, for 1 minute. Add mushrooms, green peppers and squash or zucchini; sauté until the mushrooms are limp and exude their liquid. Add tomatoes. Stir in crushed red pepper, if using, and simmer, uncovered, for 10 minutes. Remove from heat, add bread cubes and season with salt and pepper.
- 3) 3 Spread the vegetable mixture evenly over the bottom of a shallow 3-quart baking dish.
- 4) 4 In a small bowl beat eggs with a small amount of milk, salt and pepper, and pour over veggie mixture.
- 5) 5 Bake about 30 mins.

Make Ahead Tip: Make up through step 3, cover and store in fridge. Just before baking pour eggs over top, then bake

Taste This!

Howard County Farmers' Market
August 4, 2017

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