



Ham and Swiss Breakfast Casserole

Makes: 6 Servings

This is a quick and easy ham, egg, and cheese casserole. Prepare it the night before and bake it in the morning for a hot meal for your family or guests.

Ingredients

6 ounces ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)

6 ounces Swiss cheese, shredded

3 slices enriched white bread

3 slices whole wheat bread

1 cup skim milk

2 large eggs

1 tablespoon yellow mustard

1/2 teaspoon "beau monde" seasoning (or alternate)

1/2 teaspoon Worcestershire sauce

Nutrition Information

Nutrients	Amount
Calories	251
Total Fat	11 g
Saturated Fat	6 g
Cholesterol	112 mg
Sodium	N/A
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	1 g
Protein	20 g
Vitamin D	1 mcg
Calcium	332 mg
Iron	2 mg
Potassium	245 mg

N/A - data is not available

MyPlate Food Groups

 Grains	1 ounce
 Protein Foods	1 1/2 ounces
 Dairy	3/4 cup

1 teaspoon onion powder

Directions

1. Lightly spray an 8" x 8" baking pan with non-stick spray.
2. Lay 3 slices of bread in the bottom. Layer ½ the ham and ½ the cheese. Repeat layer of bread, ham and cheese.
3. Beat together remaining ingredients and pour over the casserole. Cover and refrigerate overnight.
4. Bake, uncovered, for 1 hour at 325 degrees F; serve hot.

Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

Source: The "Grain Chain"