

Pea and Bacon Breakfast Casserole

U.S. Colby Jack is the star in this savory and satisfying comfort food dish.



INGREDIENTS

(Makes 2 Servings)

Eggs, 4 large	228g
U.S. Milk, whole	60ml
Bacon, cooked, drained and diced	50g
Potato or French bread, lightly toasted	6 slices
Green peas, blanched	80g
U.S. Colby Jack Cheese, shredded	100g
Salt and pepper	To taste

NUTRITIONAL CONTENT

Per 100g

Calories	258kcal
Total Fat	8g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	106mg
Total Carbohydrates	33g
Dietary Fiber	2g
Sugars	3g
Protein	14g
Calcium	113mg
Magnesium	21mg
Phosphorus	117mg
Potassium	141mg
Sodium	591mg
Iron	2mg
Vitamin A	371IU
Vitamin C	1mg

PREPARATION

1. In a large bowl, whisk eggs, milk, salt, and pepper together.
2. Place three slices of toast in two oven dishes and cover each with half of the bacon, peas, and Colby Jack cheese.
3. Pour the egg mixture over the top and let soak into the bread.
4. Bake in oven at 180°C (350°F) for 18-20 minutes.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.