

Sausage, Ham, and Sharp Cheddar Oven Omelets

All your breakfast favorites baked together in one dish.



INGREDIENTS

(Serves 4)

U.S. Milk, whole	235ml
Eggs	8
Salt and pepper	To taste
Spray canola oil	To coat dishes
Sausage, chopped	150g
Ham, chopped	150g
U.S. Sharp Cheddar Cheese, shredded	200g
Parsley, fresh	For garnish

NUTRITIONAL CONTENT

Per 100g

Calories	259kcal
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 whip together eggs, milk, salt and pepper.
2. Spray four individual oven-ready casserole dishes with canola oil.
3. Divide sausage, ham and cheddar cheese evenly between dishes.
4. Pour egg mixture on top and bake at 180°C (350°F) for 25-35 min.
5. Garnish with parsley and serve.

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.