

# Asparagus Potato Brunch Bake

## Breakfast/Brunch August 2014



Thanks to leftover ham and frozen vegetables, this comforting casserole is in the oven in only 15 minutes.

**Prep Time:** 15 Min

**Start to Finish:** 50 Min

**Makes:** 8 servings

### INGREDIENTS

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- 1 tablespoon butter or margarine
- 1 cup sliced green onions
- 8 eggs
- 1/2 cup fat-free (skim) milk
- 3 cups frozen southern-style diced hash brown potatoes (from 32-oz bag), thawed
- 2 cups chopped lean cooked ham (1/2 lb.)
- 1 box (9 oz.) frozen asparagus cuts, thawed, drained
- 1 cup shredded Cheddar cheese (4 oz.)

### DIRECTIONS

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1. Heat oven to 350°F. Generously spray 13x9-inch (3-quart) baking dish with cooking spray. In 8-inch skillet, melt butter over medium heat. Cook onions in butter 2 to 3 minutes, stirring occasionally, until tender.
2. In large bowl, mix eggs and milk until blended. Stir in cooked onions, potatoes, ham and asparagus. Pour into baking dish. Top with cheese.
3. Bake 30 to 35 minutes or until set. Season to taste with salt and pepper.

**Recipe Provides:** Dairy 1/2c, Meat & Beans 2oz-equivalents, Vegetables 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	270	<b>Calories from Fat:</b>	120
<b>Total Fat:</b>	13 g	<b>Saturated Fat:</b>	6 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	245 mg	<b>Sodium:</b>	530 mg	<b>Total Carbohydrate:</b>	19 g
<b>Dietary Fiber:</b>	2 g	<b>Sugars:</b>	3 g	<b>Protein:</b>	18 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)