

Breakfast Bake Crunch

Breakfast/Brunch November - 2014



Need a new eye opener? Here's a cereal-topped layered breakfast dish that's loaded with nutrients from vitamin A to Z for zinc.

Prep Time: 15 Min

Start to Finish: 45 Min

Makes: 12 servings

INGREDIENTS

2 cups chopped cooked ham
1 medium green bell pepper, chopped (1 cup), if desired
2 tablespoons dried chopped onion
1 can (4 oz.) mushroom pieces and stems, drained
6 cups Crunch squares cereal (any variety)
1/2 cup reduced-fat shredded Cheddar cheese (2 oz.)
1 cup Biscuit/pancake mix
1 1/2 cups fat-free (skim) milk
4 eggs

DIRECTIONS

1. Heat oven to 375°F. Grease 13x9-inch (3-quart) glass baking dish with shortening, or spray with cooking spray. In 10-inch nonstick skillet, cook ham, bell pepper, onion and mushrooms over medium-high heat 3 minutes, stirring frequently.
2. Spread 3 cups of the cereal in baking dish. Sprinkle with ham mixture; top with cheese. In medium bowl, stir Biscuit mix, milk and eggs with fork until well blended. Pour evenly over cheese. Sprinkle with remaining cereal (crushed if desired).
3. Bake uncovered 25 to 30 minutes or until knife inserted in center comes out clean.

Recipe Provides: Meat & Beans 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	180	Calories from Fat:	45
Total Fat:	5 g	Saturated Fat:	1 1/2 g	Trans fat :	0 g
Cholesterol:	85 mg	Sodium:	660 mg	Total Carbohydrate:	22 g
Dietary Fiber:	0 g	Sugars:	4 g	Protein:	11 g



This recipe is adapted from WWW.eatbetterearly.com