

Ham and Broccoli Breakfast Casserole

Total Time: 9 hours and 10 minutes (overnight)

Instructions

1. In medium saucepan, cook broccoli in boiling water for 3 minutes
2. Drain, then rinse in cold water and drain again
3. Coat a 2-quart baking dish with nonstick spray
4. Add potatoes and chives, and toss to combine
5. Top with broccoli, ham, and cheese
6. In a medium bowl, combine eggs, milk, garlic powder, pepper, and salt
7. Pour egg mixture in dish and cover dish with foil and chill overnight
8. Preheat oven to 350 degrees F
9. Bake, uncovered, 50 to 55 minutes or until eggs are set and at 160 degrees F
10. Cover dish with foil last 10 minutes if necessary to prevent browning

Ingredients

- 2 cups broccoli florets
- Nonstick cooking spray
- 4 cups refrigerated, shredded hash browns
- 2 tablespoons coarsely snipped fresh chives
- 6 oz thinly sliced, low sodium cooked ham
- 1 cup shredded low fat cheddar cheese
- 8 eggs, lightly beaten
- ½ cup milk, skim or 1%
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper