

Country Breakfast Casserole

Servings: 12

"A package of country gravy mix makes this casserole different. You can make it the classic way, or healthier by substituting low fat sausage, egg substitute and less cheese. Whichever you choose, enjoy!"

12 ounces reduced-fat sausage (1 roll)
6 slices whole wheat bread, crust removed
12 large eggs
1 1/2 cups milk
1 (2 2/3 ounce) packages country gravy mix (McCormick Brand)
2 cups cheddar cheese, shredded

1. Preheat oven to 325°F.
2. In a skillet, cook crumbled sausage in large skillet over medium heat until brown, stirring occasionally. Remove sausage and drain on paper towel.
3. Cut bread into 1-inch cubes. Place in 9 x 13 casserole dish. Sprinkle cheese and then sausage evenly on top.
4. In a blender, mix eggs, milk and Gravy Mix. (You could also use the Sausage Country Gravy mix instead) Pour mixture over bread, cheese and sausage.
5. Bake covered lightly with foil for 40 minutes. Remove foil and bake another 5 or 10 minutes or until knife inserted in the center comes out clean.
6. To make the night before: You can cover the dish and refrigerate overnight. In the morning, bake 50 minutes then 10.
7. Remove from oven and let stand 10 minutes before serving.