

# HASH BROWN BREAKFAST CASSEROLE with ROASTED VEGETABLES

SERVES: 8 | SERVING SIZE: 1 slice | PREP: 20 minutes | READY: 1 hour and 10 minutes (not including refrigerator time)

## INGREDIENTS

- 3 cups frozen shredded hash brown potatoes
- 1 medium red bell pepper
- 1 small red onion
- 1 container (8 ounces) whole white mushrooms
- 2 tablespoons neutral oil (such as canola or avocado oil)
- Vegetable oil cooking spray
- 1 cup (3 ounces) shredded sharp cheddar cheese
- 1/2 cup (1 ounce) freshly grated Parmesan cheese
- 7 large eggs
- 3/4 cup 1% milk
- 2 teaspoons cayenne pepper sauce (such as Frank's RedHot Sauce)
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 to 2 green onions, thinly sliced (green tops only)



## DIRECTIONS

Place frozen shredded hash browns on a large plate and allow to defrost at room temperature while preparing other ingredients.

Clean red pepper and onion and cut into cubed pieces. Clean mushrooms and cut into thick slices. Place vegetables in a large bowl, drizzle with oil, and toss to coat. Place vegetables in a single layer on a sheet pan lightly coated with cooking spray. Roast vegetables in a preheated 400-degree oven for 10 minutes. Remove from oven and stir vegetables around pan. Return to oven and continue to roast an additional 10 minutes or until moisture released from the vegetables has evaporated from the sheet pan.

Once hash browns are defrosted, place them between a few layers of paper towel and gently press to remove excess moisture. Place hash browns in a 10-inch pie plate coated with cooking spray. Place roasted vegetables on top of hash browns, followed by cheddar cheese and Parmesan cheese.

In a large bowl, whisk together eggs, milk, hot sauce, salt, and black pepper. Gently pour egg mixture over layered casserole. Cover with plastic wrap and refrigerate overnight.

When ready to bake, allow casserole to sit at room temperature for 1 hour before placing in oven. Remove plastic wrap and bake uncovered in a preheated 350-degree oven for 45 to 50 minutes or until a knife inserted in the center comes out clean. Let stand for 10 minutes before slicing. Garnish with sliced green onion and serve.

## NUTRITION INFORMATION PER SERVING

192 calories, 12 g total fat, 3.5 g saturated fat, 0 g trans fat, 167 mg cholesterol, 415 mg sodium, 9 g total carbohydrate, 1 g dietary fiber, 3 g total sugars, 0 g added sugars, 12 g protein, 9 mcg (45%) vitamin D, 164 mg (15%) calcium, 0 mg (0%) iron, 261 mg (6%) potassium

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