

Ham and Swiss Breakfast Casserole

Makes: 6 Servings

This is a quick and easy ham, egg, and cheese casserole. Prepare it the night before and bake it in the morning for a hot meal for your family or guests.

Ingredients

- 6 ounces** ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)
- 6 ounces** Swiss cheese, shredded
- 3 slices** enriched white bread
- 3 slices** whole wheat bread
- 1 cup** skim milk
- 2** large eggs
- 1 tablespoon** yellow mustard
- 1/2 teaspoon** "beau monde" seasoning (or alternate)
- 1/2 teaspoon** Worcestershire sauce
- 1 dash** onion powder

Directions

1. Lightly spray an 8" x 8" baking pan with non-stick spray.
2. Lay 3 slices of bread in the bottom. Layer ½ the ham and ½ the cheese. Repeat layer of bread, ham and cheese.
3. Beat together remaining ingredients and pour over the casserole. Cover and refrigerate overnight.
4. Bake, uncovered, for 1 hour at 325 degrees F; serve hot.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250.83	
Total Fat	11.38 g	18%
Protein	20 g	
Carbohydrates	17 g	6%
Dietary Fiber	2.26 g	4%
Saturated Fat	5.78 g	30%
Sodium	557 mg	23%

MyPlate Food Groups

Grains	1 ounce
Protein Foods	1 ounces
Dairy	3/4 cup

Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

The "Grain Chain"