

# BREAKFAST CROISSANT CASSEROLE



January 30

National Croissant Day

## INGREDIENTS

- 6 Eggs
- ¾ Cup Half-and-Half
- ½ Teaspoon Salt
- ⅛ Teaspoon Pepper
- 6 Croissants (at least 34 grams each, enriched or whole grain)
- ½ Pound Chopped Ham
- ½ Cup Chopped Onion
- 1 Cup Baby Spinach
- 1 Cup Shredded Cheddar Cheese

## DIRECTIONS

1. Preheat oven to 375 degrees and grease a 9×9 baking dish.
2. In a large bowl, whisk together the eggs, half-and-half, salt and pepper.
3. Rip up the croissants by hand, adding them to the egg mix bowl as you go. Try to rip them in pieces about 1-2 inches in size.
4. Stir in the chopped ham, onions, spinach and 1 cup of the shredded cheddar cheese.
5. Pour the mixture into the prepared casserole dish and sprinkle the top of the casserole with the remaining cheese.
6. Bake for 50 minutes. The casserole should be completely set in the center and not jiggle when touched. The top will be golden brown and all the cheese will be melted.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

10 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1 Cup	1⅔ Cups	3⅓ Cups