



INGREDIENTS

- 1 Cup Onion (chopped)
- 1 Pound Pork Sausage, fresh or frozen
- 1 Cup Red Bell Pepper (chopped)
- 1 Cup Green Bell Pepper (chopped)
- 2 Tablespoons Butter
- 2 Cups Cooked Potatoes (sliced)
- 6 Large Eggs (beaten)
- Salt and Pepper (to taste)
- ½ Cup Grated Cheese

DIRECTIONS

1. Heat oven to 350°.
2. If using fresh Polish sausage, remove the meat from the casings and place in a large cast-iron or ovenproof skillet. Add the onion and peppers and cook until the sausage is cooked thoroughly and the vegetables are tender.
3. If using smoked sausage, cut into ¼-inch-thick slices, place in skillet with onion, peppers, and ¼ cup water, and steam, covered, until vegetables are cooked. Remove cover and let any accumulated water evaporate. Add 2 tablespoons of butter.
4. Add potatoes into the skillet and heat through. Add the eggs and scramble on low, stirring constantly, until eggs are done to your taste. Adjust seasonings.
5. Sprinkle cheese on top, completely covering the surface, and place skillet in the oven until cheese is melted and bubbly. Serve hot.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

7 Cups

PORTION SIZES

Toddler: ½ Cup
Preschool: 1 Cup
School Age: 1 Cup
Adult: 1 Cup