

Bacon Cheddar Breakfast Casserole

Ingredients:

Non-stick cooking spray
2 T. extra virgin olive oil
3 c. broccoli florets
3 T. water
1 c. sharp cheddar or Colby Jack cheese, shredded
6 slices thick-cut bacon, cooked and crumbled
4 large eggs
½ c. heavy cream
½ t. onion powder
½ t. garlic powder
¼ t. dried thyme
½ t. dried oregano
Sea salt and black pepper, to taste
Fresh parsley, for garnish



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Prep time: 10 minutes + time to cool

Cook time: 17-23 minutes

Serves: 6

Directions:

1. Pre-heat oven to 350°F and spray an 8" x 8" casserole dish with non-stick cooking spray. Set aside.
2. Heat the olive oil in a large non-stick sauté pan over medium heat. Add the broccoli and water and cook for 2-3 minutes, or just until the broccoli softens slightly and turns bright green.
3. Remove from heat and transfer broccoli to prepared casserole dish and spread into a uniform layer. Top with shredded cheese and crumbled bacon and set aside.
4. Whisk the eggs with the heavy cream, onion powder, garlic powder, thyme, and oregano. Season with salt and black pepper, as desired. Pour the egg mixture over the broccoli, cheddar, and bacon and bake for 15-20 minutes, or until the casserole is set and lightly golden brown on top.
5. Remove from oven and let cool for 10 minutes before slicing. Sprinkle with fresh parsley and serve immediately. Enjoy!

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Nutritional Information: *

Carbs/Serving:

Total Carbs: 1.97g

Fiber: 0.7g

Net Carbs: 1.27g

Calorie Breakdown:

Protein: 21%

Fat: 76%

Carbohydrates: 3%

*Source: HappyForks.com

Nutritional information provided for entertainment purposes only and should not be construed as medical guidance or advice. All information is based solely on results provided by HappyForks.com and is not guaranteed to be accurate.

*"Sharing food with
another human being
is an intimate act
that should not be
indulged in lightly."*

~ M. F. K. Fisher

