Sausage, Ham, and Sharp Cheddar Oven Omelets

All your breakfast favorites baked together in one dish.

INGREDIENTS

(Serves 4)

U.S. Milk, whole 235ml
Eggs 8
Salt and pepper To taste
Spray canola oil To coat dishes
Sausage, chopped 150g
Ham, chopped 150g
U.S. Sharp Cheddar Cheese, shredded 200g
Parsley, fresh For garnish

NUTRITIONAL CONTENT

Per 100g

Calories 259kcal
Total Fat 8g
Saturated Fat 3g
Trans Fat 0g
Cholesterol 106mg
Total Carbohydrates 33g
Dietary Fiber 2g
Sugars 3g
Protein 14g
Calcium 113mg
Magnesium 21mg
Phosphorus 117mg
Potassium 141mg
Iron 2mg
Vitamin A 371IU
Vitamin C 1mg

PREPARATION

1. In a large bowl whip together eggs, milk, salt and pepper.
2. Spray four individual oven-ready casserole dishes with canola oil.
3. Divide sausage, ham and cheddar cheese evenly between dishes.
4. Pour egg mixture on top and bake at 180°C (350°F) for 25-35 min.
5. Garnish with parsley and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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