

Healthy Eating Healthy Living

Vel Scott

EGG HASH BROWN BREAKFAST CASSEROLE

Serves 6 to 8

Ingredients:

- 1 10 ounce bag of frozen shredded potatoes
- 1 clove of fresh garlic (finely chopped)
- 1 medium sized sweet onion, chopped
- 1 large red bell pepper, chopped
- 1 large yellow bell pepper, chopped
- 1 large green bell pepper, chopped
- 6 whole eggs, whipped until fluffy
- 1 medium sized bag of shredded cheddar cheese
- 6 sprigs of fresh basil, chopped
- 1 cup of Extra Virgin Olive Oil
- 1/4 teaspoon kosher salt or sea salt
- 1/4 teaspoon ground black pepper

Method:

Heat the olive oil over medium heat and add the garlic, onion and peppers, and basil. Cook until the garlic, onion and basil give off their aromas. Remove from heat.

Layer a shallow baking dish with one layer of the frozen shredded potatoes. Next add a layer of whipped egg mixture, then add a layer of the onion, pepper, garlic and basil sauté. Repeat this procedure, and top with a layer of shredded cheddar cheese. Bake for 25 minutes at 350 degrees.

This is a vegetarian delight. Add chopped chicken to the onion, pepper, basil and garlic sauté and create a delicious Chicken Hash Brown Casserole. Or add any of your favorite breakfast meats.

Serve and enjoy!