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## Mediterranean Breakfast Casserole



Breakfast Casserole with artichoke hearts Photo  
Susie Iventosch

(Serves 6-8)

### INGREDIENTS

- 1 pound turkey bacon, cooked and broken into small pieces
- 1 pound turkey sausage patties, cooked and crumbled
- 1 quart Eggbeaters (or 1 dozen eggs)
- 1/2 cup milk or plain nonfat yogurt
- 1 pound bag shredded hash browns
- 1/4-1/3 cup olive oil (used for sautéing veggies and potatoes)
- 1 red onion, chopped
- 1 package (6-pack) baby portabella mushrooms, sliced
- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 red bell pepper, seeded and chopped
- 1/3 cup sundried tomatoes, sliced or chopped
- (optional)
- 2 cups shredded cheese (your choice on what kind ... I'd use feta, too!)
- Salt & Pepper to taste

### DIRECTIONS

In a large frying pan, cook hash browns in olive oil over medium-high heat until golden-brown. Transfer potatoes into a large mixing bowl. (If you are in a big rush, you can skip browning the potatoes and use them straight from the bag.)

Using the same pan, heat olive oil and sauté onions until soft. Add mushrooms and cook both until caramelized. Toss into bowl with potatoes. Again, in same pan, add a little more olive oil and cook artichoke hearts and red bell peppers until just starting to brown. Dump into bowl.

Add sundried tomatoes, sausage, bacon and half the cheese to mixture in bowl. Season with Italian herbs and S&P and mix well.

Spread potato-vegetable mixture evenly in the bottom of a greased 9x13 baking dish. Mix eggbeaters with milk or plain yogurt, and pour over potato mixture. Sprinkle remaining cheese over the top.

Bake at 350° for approximately 35 minutes, or until eggs are cooked and cheese is browned.

Enjoy!

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