

# SOUNDS DELICIOUS

With  
**CARNIE WILSON**

## Breakfast Casserole



### Ingredients

9 eggs  
1/2 cup milk  
1/2 cup heavy cream  
2 teaspoon sugar  
8 oz. low-fat cottage cheese  
1/4 cup flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/2 teaspoon dry mustard  
Pinch of cayenne pepper  
2 teaspoons fresh Italian parsley, minced  
1 teaspoon fresh dill, chopped  
1 teaspoon dried basil

2 cups mozzarella cheese, shredded from the block  
*divide, leaving 1/2 cup for top*

2 cups colby jack cheese, shredded from the block  
*divide-leaving 1/2 cup for top*

1/4 cup crumbled feta (optional)

1 cup of gruyere cheese, shredded from block  
*divide- leaving 1/2 cup for top*

1/2 cup shredded parmesan

5 tablespoons olive oil, plus 1 tablespoon for sauteing

1 large jalapeño pepper, minced (no seed or rind)

1/4 cup onion, finely chopped

1/2 cup red bell pepper, diced

12 trimmed and washed asparagus spears, cut into 1" pieces

40-50 small tater tots, thawed

1 ½ cups ham, diced

Chopped parsley and chives for garnish



## Recipe Directions

1. Add 1 tbsp. of olive oil to a medium skillet, and spray with non-stick cooking spray.
2. Add jalapenos, onion, red pepper, and asparagus, and saute until soft.
3. Add a pinch of salt and pepper.
4. In a large mixing bowl, crack eggs into it making sure no shells fall in. Whisk until well beaten.
5. Add milk, heavy cream, cottage cheese, and sugar and whisk until combined.
6. Add all remaining Ingredients, except tater tots and ham, and stir together until combined.
7. Prepare a 13x9 nonstick or ceramic baking dish, sprayed well with nonstick cooking spray.

8. Place tater tots in rows and then scatter your ham over the top evenly.
9. Evenly scatter your veggie mixture all over the tater tots and ham.
10. Carefully and slowly pour your egg mixture all around evenly.
11. Sprinkle the remaining 1/2 cup colby, gruyere, and mozzarella cheese on top.
12. Bake at 325°F for approximately 45 minutes or until middle is set and edges are starting to turn a light golden brown. **Do not over bake.** It will PUFF, then sink quite a bit when you remove it from the oven.
13. Garnish with chopped fresh chives and minced parsley.
14. Serve immediately with ketchup and a dollop of sour cream if you want. GTFR!!!!



**axstv**