

BEAN AND CHEESE BREAKFAST CASSEROLE WITH GREEN ONIONS

Yield: 6 large servings, 12 small portions

| Ingredients | Amounts |
|--------------------------------|----------------|
| Olive oil | ½ cup |
| Large eggs, beaten | 12 each |
| Cream | 1 cup |
| White cheddar cheese, shredded | 2 cup |
| Sundried tomato, sliced | ¾ cup |
| Basil, thinly sliced | ½ cup |
| Salt | 1 Tbsp |
| Black pepper, ground | ½ tsp |
| Black beans, cooked, drained | 2 cup |
| Olive oil | ¼ cup |
| Onion, small dice | 1 cup |
| Green bell pepper, small dice | 1 cup |
| Green onions, sliced thinly | ½ cup |

Method:

1. Preheat convection oven to 350 degrees. If using a regular oven, preheat to 375 degrees. Oil a 2" ½ hotel pan or a 9x13 casserole or baking dish with ½ the olive oil.
2. Combine the eggs, cream, 1 ½ cups of the cheese, sundried tomatoes, basil, salt and pepper in a large bowl. Gently fold in the beans.
3. Heat the remaining olive oil in a skillet over medium high. Add the onions and peppers and sauté for 2-3 minutes. Add to the bowl with the egg mixture and fold to combine.
4. Pour mixture into the prepared pan and bake for 15-20 minutes until the sides start to set and cook.
5. Sprinkle the green onions and remaining cheese over the top and return to oven and bake 15-20 minute longer, or until the center is set and the top is golden brown.
6. Remove from oven, allow to cool slightly, and cut into desired portions.

Note: This casserole can be chilled and reheated. To reheat, cover with foil and bake at 350 degrees to an internal temperature of 165 degrees.