

BREAKFAST CASSEROLE

Ingredients

1. 9 eggs -- beaten
2. 2 1/2 cups low-fat non-homogenized milk or soy milk
3. 1 1/2 teaspoons dry mustard
4. 1 teaspoon salt
5. 3 slices whole wheat bread -- cubed
6. 1 1/2 cups white cheddar cheese
7. 1 pound cooked and crumbled turkey sausage

Instructions

1. Preheat oven: 350'
2. Pour all ingredients after mixing by hand in a
3. 9 x13" Pyrex dish. Let stand in refrigerator overnight. Bake uncovered for 1 hour. Cut in squares