



Make Ahead Breakfast Casserole

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 12 large eggs
- 1 cup shredded Monterey Jack or Cheddar cheese (regular or low fat)
- 1 ¼ cups milk (1% or 2%fat)
- ¼ teaspoon fresh ground pepper
- 1/8 teaspoon salt (more to taste)
- 3 tablespoon O&V [Roasted Garlic oil](#)
- 1 lb turkey breakfast sausage
- ½ cup sliced red peppers
- 1 cup sliced cremini or baby bella mushrooms
- 1 tablespoon O&V [Tuscan Dipper Spice mix](#)
- ½ cup sliced spring onions
- 1 tablespoon minced fresh oregano
- 3 tablespoons minced parsley
- 1 loaf ciabatta bread (8 oz), cut into 1-inch cubes

Preparation

Preheat the oven to 400F. Arrange the bread cubes in a single layer on a baking sheet. Bake for 8-10 minutes till toasted and lightly browned.

Heat one tablespoon roasted garlic oil in a skillet and add the turkey sausage. Cook for 5-6 minutes until brown and cooked through, breaking up the pieces and stirring till crumbly. Move to a large bowl.

In the same skillet add the remaining oil and sauté the mushrooms for 3-5 minutes till brown, add the sliced peppers and green onions and sauté an additional 2-3 minutes. Sprinkle in the dipper spice mix and fresh oregano and stir. Add back the sausage, stir to combine and remove from heat and return to large bowl. Add the toasted bread pieces and mix to combine

In a medium bowl, beat the eggs, and then add the milk and shredded cheese, stirring and mixing. Add fresh ground pepper. Add to the bread and sausage mixture and toss to coat all the bread well with the liquid.

Lightly oil a 2-quart baking dish and move the bread mixture to it. Cover with plastic wrap and refrigerate overnight.

Remove casserole from refrigerator. Preheat oven to 350F. Bake the casserole for 50-60 minutes until set and lightly browned on top. Remove from oven, sprinkle with parsley and serve immediately.

Serves 6-8

Active time 35 minutes Total Time: 60 minutes in oven plus overnight in refrigerator

Notes

* The [Tuscan Dipper Spice](#) adds wonderful herby flavors and the [Roasted Garlic oil](#) adds nice garlicky flavor to the casserole. You can substitute with your favorite high quality spice mix and an [Unflavored EVOO](#) although the flavors of the finished product will differ with those changes.

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Snacks & Sides, Breakfast & Brunch, Vegetarian Option, Easy Entertaining, Roasted Garlic Oil, Tuscan Dipper, Toscana Spice Mix, Make Ahead, Breakfast Casserole, Holiday Brunch,