

Country Style Breakfast Casserole

Nonstick cooking spray
 4 ounces lean ham
 ½ cup fat free sour cream
 2 pounds frozen country-style hash
 browns (no oil added)
 4 slices fat free American cheese
 2 green onions
 2 eggs
 6 egg whites
 2 cups fat free milk
 2 tablespoons grated parmesan cheese
 ½ teaspoon pepper
 ½ teaspoon dry mustard (optional)

Makes 18, ½ cup portions

Per portion

Calories:	96
Carbohydrate:	12 grams
Protein:	7 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	31 milligrams
Sodium:	233 milligrams
Dietary fiber:	1 gram

1. Preheat oven to 350°.
2. Lightly coat 9x13 inch baking pan with cooking spray.
3. Chop ham and put in baking pan. Combine sour cream and hash browns and put on top of ham.
4. Dice cheese and put on top of hash browns.
5. Wash and chop onions.
6. In medium bowl, whisk together 2 eggs and 6 egg whites. Add green onions and remaining ingredients, and pour over hash browns.
7. Bake at 350° for one hour or until center is set.
8. Let cool for at least 10 minutes before cutting into portions.