Good Morning Casserole Recipe

**SERVINGS: 4**
**INGREDIENTS**
4 slices of bread, crust trimmed
1 ½ cups of egg substitute
1 ½ cups skim milk
4 slices cooked turkey bacon, crumbled
¼ cup (1oz) shredded reduced-fat cheddar cheese
¼ cup (1oz) shredded reduced-fat Swiss cheese
½ cup sliced mushrooms
¼ teaspoon seasoned salt
½ cup frozen hash brown potatoes, thawed

**DIRECTIONS**

1. Across bottom of lightly greased 9x9 inch baking dish, arrange bread slices, slightly overlapping. Set aside.
2. In large bowl, beat together egg substitute, milk, turkey bacon, 2 Tablespoons each of cheddar and Swiss cheeses, mushrooms, and salt.
3. Pour mixture over bread slices
4. Sprinkle potatoes and remaining cheese over egg mixture.
5. Cover and refrigerate overnight.
6. Bake, uncovered, in pre-heated 350 degree F oven until lightly browned and knife inserted near center comes out clean (about 40-45 minutes).

**NUTRITIONAL ANALYSIS PER SERVING (1/4 Pan)**
Calories: 253
Fat: 8 grams
Protein: 22 grams
Carbohydrate: 22 grams
Cholesterol: 18 mg
Sodium: 674 mg
Sugar: 7 grams
Fiber: 2 grams