

OVERNIGHT BREAKFAST CASSEROLE

Ingredients

- 32 ounces frozen hash brown potatoes
- 1 pound cooked ham, cubed
- 1 cup diced onion
- 1 cup diced green bell pepper
- 1 1/2 cups shredded Cheddar cheese
- 3 cups egg substitute
- 1 cup skim milk
- 1 tsp black pepper

Directions

1. Layer one-third of the hash browns, ham, onions, peppers, and cheese in the slow cooker. Repeat until you have three layers.
2. Beat egg substitute, milk, and pepper and pour over layers in the slow cooker; cover and turn on low.
3. Cook for 10 to 12 hours overnight.

Serves 8

Source: *500 Heart-Healthy Slow Cooker Recipes* (Logue)