

# Farm



# Fresh

April 2009

## Available Now...

### Eggs

Colorado's 3.8 million chickens produce more than one billion eggs every year.

When selecting eggs, shell and yolk color may vary, but color does not affect egg quality, flavor, nutritive value, cooking characteristics or shell thickness.

Protein-rich and low in sodium, eggs contain vitamins and minerals such as folate and Vitamins A, B12 and D.



Look for Colorado eggs at your local grocery store and at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

### Breakfast Egg Casserole

*Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.*

7 slices Sourdough Bread, cubed into 1" squares  
1-1/2 lbs. Maple Sausage, ground  
1 ea. Red Pepper, julienned  
1 ea. Green Pepper, julienned  
1 ea. Red Onion, julienned  
1 clove Garlic, minced  
8 Eggs  
6 fl. oz. Whole Milk  
1 tsp. Black Ground Pepper  
1 Tbsp. Herbs de Provence  
1/3 bunch Italian Parsley, chopped fine  
1/2 cup Asiago Cheese, shredded  
1/2 cup Aged Sharp Cheddar Cheese, shredded

Heat oven to 375°F. In a large sauté pan, add a small amount of oil and cook the bulk ground sausage. Save the rendered fat and use to sauté the peppers, onions and garlic.

Mix the eggs, milk, herbs, parsley and black pepper in a large bowl.

In a 9x13 casserole pan, spray well with non-stick pan spray and layer as follows: bread, cooked sausage, cooked peppers, onion and garlic, cheese, egg mixture. Allow the egg mixture to soak into the bread, press into pan to ensure all is coated.

Cover with foil and bake at 375° for about 40 minutes, uncover and finish until center is fully cooked. The dish will have a nice golden color when finished. Top with more cheese as needed.

## Next Month... Asparagus