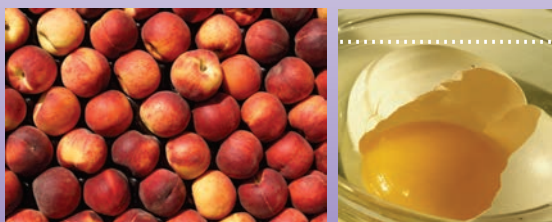




FarmFresh

Recipes

December 2018



Holiday Tips

Make the holidays easy with local products. Find Winter Farmers' Markets, Christmas Tree locations and the Colorado Food & Beverage Gift Guide online at www.coloradoproud.org.



Fresh Inspirations...

Breakfast Egg Casserole Muffins

Ingredients

- 7 slices Sourdough Bread, cubed 1" squares
- 1-1/2 lbs. Ground Sweet Italian Sausage
- 1 Red Pepper, julienned
- 1 Green Pepper, julienned
- 1 Red Onion, julienned
- 1 Clove Garlic, minced
- 8 Eggs
- 6 fl. oz. Whole Milk
- 2 tsp. All Purpose Seasoning
- 1 tbsp. Herb Rub
- 1/3 bunch Fresh Italian Parsley, chopped
- Black Ground Pepper to taste
- 1/2 cup Asiago Cheese, shredded
- 1/2 cup Sharp Cheddar Cheese, shredded

Directions

Preheat oven to 375°F. In a large sauté pan, add a small amount of oil and cook the ground sausage. Use the rendered fat to sauté the peppers, onions and garlic. Mix the eggs, milk, seasoning, parsley and black pepper in a large bowl. In a 9x13 casserole pan, spray well with non-stick spray and layer as follows: bread, cooked sausage, cooked peppers and onions, cheese and egg mixture. Allow the egg mixture to soak into the bread, then spray a medium-sized muffin pan with non-stick spray and place about 1/2 cup in each muffin tin hole. Tent with foil and bake at 375°F for about 30 minutes, uncover and finish until center is fully cooked. Muffins should have a nice golden color when finished. Top with additional cheese if desired.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... Colorado Honey