

## Mel's Christmas Morning Casserole

6 eggs, slightly beaten  
½ cup cheddar cheese, shredded  
½ cup mozzarella cheese, shredded  
1 teaspoon dry mustard  
1 tablespoon parsley flakes  
1 tablespoon dried onion flakes  
1 teaspoon oregano  
1 pound ground Italian Sausage, browned and drained  
1 cup biscuit mix  
2 cups milk

The night before, mix all ingredients and pour into a lightly greased lasagna pan(9" x 13"). Cover and refrigerate overnight. The next morning cook it in a preheated 350 degree oven and bake for one hour.

Yield: 12 servings

Substitutions to help reduce fat, sodium and calories include:

- 1 ½ cups fat-free egg substitute instead of eggs
- Low-fat biscuit mix instead of regular biscuit mix
- You can omit up to 1/4 cup cheese
- Substitute low-fat skim milk or 2% milk for whole milk
- Rinse cooked sausage in hot water, draining well before adding to mixture

Ashleigh Sugg

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Junior - Main Dish