



Recipes for Success



Crowd Pleasing Breakfast Bake

This nutritious breakfast can be prepared and kept refrigerated for up to 24 hours prior to baking.

Equipment Needed

- Measuring cups
- Cutting board
- Chopping knife
- Mixing bowl and spoon
- Whisker
- 11x17 inch pan or large cookie sheet

Ingredients

- | | |
|----------|-------------------|
| 1 loaf | whole wheat bread |
| 12 | eggs |
| 2 ½ cups | milk |
| 1 cup | diced ham |
| 1 cup | chopped tomatoes |
| Pinch | salt |
| Pinch | pepper |
| 1 cup | shredded cheese |



Instructions

Preheat oven to 350°F. Grease pan or cookie sheet. Cut bread into cubes and spread over the pan. Spread tomatoes and ham over pan. Beat eggs and milk adding salt and pepper. Pour egg mixture over pan. Sprinkle with cheese. Bake for 30 minutes or until golden brown.

This recipe is extremely versatile and can be adjusted to suit your taste and available supplies. Try using:

- raisin bread
- diced apples with cinnamon
- cooked, diced chicken breast instead of ham
- green or red peppers, green onions or whatever vegetable you like

Suggested Tasks for Children:

- Beat egg mixture
- Assemble everything onto pan
- Help clean up

