

It's A Strange Combination, But It Works!

This is one of those casseroles that you can serve at any time of the day. I gave some to mom for breakfast and then packed some up so she could take it to work with her and have it for lunch too. It was way better than her usual tuna fish sandwich and slice of string cheese. She told me that I better stop being so nice to her or she would never want to go home! I don't often get to take care of my mom, so I took advantage of the opportunity. I was almost disappointed when I heard they had the power restored.

Check out what they are saying about this recipe over at Small Town Woman:

" Seriously this recipe is a cinch and unbelievably tasty! How can you ask for anymore?"

Simple to make, affordable to purchase, and everyone loves it. That's all you need in any meal!

Ingredients

25 frozen Ore-Ida tater tots

1/2 lb Italian breakfast sausage like Jimmy Dean all natural

1/2 small onion chopped

1 teaspoon basil

1 teaspoon oregano

1 tablespoon parsley

4 large Eggland's Best eggs

4 large egg whites

1 cup Kraft sharp cheddar shredded

1 cup Monterey Jack shredded

1/4 cup provolone or provolone

Instructions

Bake tater tots according to directions.

Meanwhile brown breakfast sausage over medium heat. When almost completely brown add onion, basil, oregano and parsley.

Continue cooking until sausage is browned. Remove from heat.

Whisk eggs, egg whites, cheddar and Monterey Jack together.

Spray 1.5 quart dish with non stick cooking spray. Add sausage mixture. Pour egg mixture over the top. Scatter cooked tator tots on top. Move oven to 350 degrees.

Bake 20 minutes. Add provolone to top and cook for an additional 10 minutes or until eggs are set in center. Allow to cool 10 minutes before eating.