

Sausage and Vegetable Breakfast Casserole

- 1 1/2 pound pork breakfast sausage
- 1 medium onion, chopped
- 1 large red bell pepper, seeded and chopped
- 1 large green bell pepper, seeded and chopped
- 8 ounces mushrooms, chopped
- 9 large eggs
- 3 cups milk
- 1 teaspoon salt
- 1 tablespoon Dijon mustard
- 3 slices white bread, torn into 1-inch pieces
- 1 1/2 cups shredded cheddar cheese

Mist a 9-by-13-inch baking dish with cooking spray. If baking immediately, preheat oven to 350°F.

In a skillet over medium heat, cook sausage, stirring and breaking up chunks, until no longer pink, 5 to 6 minutes. Transfer to a bowl. Drain skillet of all but 1 tablespoon fat.

Add onion to skillet and cook, stirring for 3 minutes. Add bell peppers and mushrooms; sauté for 5 minutes, until softened. Transfer to a bowl; let cool.

Whisk eggs, milk, salt and mustard. Stir in bread, cheddar cheese, sausage and vegetables. Pour into dish. Bake until middle is set and edges have browned, 50 to 60 minutes, or cover with plastic and refrigerate for up to 24 hours, then bake.