



the holiday

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Southwestern Breakfast Casserole

This make-ahead egg casserole is guaranteed to spice up the morning. Use dried, ready-to-eat Spanish chorizo, which is smoked. If you opt for Mexican chorizo, which is not smoked, you'll need to cook it first. Want it really spicy? Use a medium or hot salsa.

Cooking spray

- 12 ounces dried Spanish chorizo, chopped
- 2 jalapeño chiles, seeded and chopped
- 1 cup mild salsa
- 1 teaspoon ground cumin
- 1 teaspoon dry mustard
- 12 slices whole-wheat bread, crusts removed
- 12 ounces Monterey Jack or sharp Cheddar cheese, shredded
- 8 large eggs
- 2 cups 2% reduced-fat milk

1. Coat a 13-by-9-inch baking pan with cooking spray.
2. Combine chorizo, jalapeño, salsa, cumin and mustard.
3. Lay 6 slices of bread in baking pan. Spread chorizo mixture evenly over bread, sprinkle on half of cheese, and top with remaining bread slices.
4. Whisk eggs and milk in a large bowl until smooth. Pour over casserole; top with remaining cheese. Press down with a spatula to soak bread. Cover and refrigerate overnight.
5. Preheat oven to 350F.
6. Bake, uncovered, 45 to 50 minutes, until puffed and brown and a toothpick inserted into the center comes out clean. Let stand 5 minutes before serving. Serves 8.

Per serving: 510 calories, 31g fat, 30g prot., 28g carbs., 3g fiber, 1040mg sodium.

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