



Smoked Sausage and Cheesy Egg Bake (8-10 servings)

Contributed by Todd Armstrong

Butter, margarine, or oil
Bread crumbs or flour
2 large potatoes
1 large or two medium onions
14 oz smoked sausage rope*
16 oz liquid egg or a dozen eggs
1/2 cup plain (only) yogurt (optional)
1 cup cottage cheese
1/2 cup milk
12-14 oz mild cheddar slices
Salt and pepper to taste.
Optional: Sliced apples and oranges

**You can vary the recipe by using different kinds of meat and cheeses, leaving out the meat, or adding mushrooms or peppers.*

Instructions:

Preheat oven to 325 degrees.

1. Butter a 9 x 13 casserole dish. Add bread crumbs or flour and tilt the dish so it sticks to the butter.
2. Put whole potatoes (with skins on) in a pot of salted water and boil until they are soft. When soft, run cold water over the potatoes in the pot and let cool.
3. Dice onions and cut smoked sausage into cubes. Fry this mixture over medium-high heat in a little oil or butter, stirring often until the onions and meat start to brown. Add a pinch of salt and pepper to your preference.
4. While the onion mixture is cooking, drain, peel and dice the cooled potatoes.
5. Toss the diced potatoes into the sausage and onion mixture and fry a few minutes more.
6. Spread the mixture evenly over the bottom of the casserole dish.
7. In a large bowl, combine egg, yogurt, cottage cheese, milk, and diced up cheddar cheese. Whisk or stir until well-mixed.
8. Pour the egg mixture over the other ingredients in the casserole dish. Season the top of the casserole generously with salt and pepper.
9. Bake uncovered until the whole casserole is slightly firm to the touch - about 35-45 minutes. Let stand for 10-15 minutes, then cut it into squares. Serve with sliced apples and oranges. Good served with ketchup or salsa, and also keeps well for leftovers.