

Omelet Casserole

Serves 6 to 8

Ingredients:

Olive-oil cooking spray

12 eggs

1 cup half and half

1/2 cup sour cream

2 teaspoons seasoned salt

2 teaspoons garlic powder

1 cup cooked ham, diced

1 red bell pepper, diced

2 roma tomatoes, diced

1 medium onion, finely diced

2 cups cheddar cheese, shredded

Salsa and sour cream for serving



Procedure:

1. Preheat oven to 350 degrees.
2. Spray an 8x11 rectangular or 2.5 quart oval baking dish with cooking spray.
3. In a large bowl, beat eggs, half and half, and sour cream together. Add in remaining ingredients and pour into baking dish.
4. Bake uncovered for 60 minutes or until eggs are fully cooked (you will want to make sure that the middle of the dish is done).
5. Serve with salsa and sour cream.

Recipe was modified from original source: Six Sisters Stuff

<http://www.sixsistersstuff.com/2014/07/oven-baked-omelet-recipe.html>

Omelet Casserole

Serves 3 to 5

Ingredients:

Olive-oil cooking spray

6 eggs

1/2 cup half and half

1/4 cup sour cream

1 teaspoon seasoned salt

1 teaspoon garlic powder

1/2 cup cooked ham, diced

1/2 red bell pepper, diced

1 roma tomato, diced

1 small onion, finely diced

1 cup cheddar cheese, shredded

Salsa and sour cream for serving



Procedure:

1. Preheat oven to 350 degrees.
2. Spray a 7x7 square or 1.5 quart oval baking dish with cooking spray.
3. In a large bowl, beat eggs, half and half, and sour cream together. Add in remaining ingredients and pour into baking dish.
4. Bake uncovered for 60 minutes or until eggs are fully cooked (you will want to make sure that the middle of the dish is done).
5. Serve with salsa and sour cream.

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