



MEXICAN BREAKFAST CASSEROLE

By Dr. Cindy Tanzar
(Maintenance/Special Occasion)

This easy and flavorful casserole is a perfect way to feed the whole family breakfast over the holidays. While everyone will enjoy this recipe, it is still low-carb and weight-loss friendly as a maintenance option. Dress it up with extra salsa, sour cream, avocado or cilantro for even more flavor. Since this is a maintenance recipe, it will not fit in to the weight-loss checklist. However, a 3-1/2 to 4-inch square will cover your protein and fat for one meal.

Makes 4 servings.



INGREDIENTS

- 1 lb. ground beef, turkey or chicken
- 1/2 tsp. garlic powder
- 1 tsp. cumin
- 1/2 tsp. coriander (or sub more cumin)
- 1 tsp. chili powder
- 1/2 tsp. Pink Himalayan salt
- 1/4 tsp. black pepper
- 1 cup salsa (no added sugar)



10 large pastured eggs
1 cup organic heavy cream
1 cup pepper jack cheese, shredded + more for sprinkling on top (can substitute Mexican blend or a combo of both)

INSTRUCTIONS

Preheat the oven to 350°F and grease a 9x13 baking dish.

In a large skillet over medium heat, cook the ground meat until no longer pink.

Add seasonings and salsa and set aside to cool slightly.

In a large bowl, whisk the eggs and cream. Add the meat mixture and cheese to the eggs, mixing well.

Pour into the baking dish and sprinkle some cheese on top. Bake for 35-45 minutes or until egg is set. I have had this dish bake at 35 minutes and at 43 minutes.