

Egg McMuffin Casserole

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Serves 4 – Points based on ingredients that I used. If you use something different, be sure to recalculate points

Blue – 5

Purple – 5

Green – 7

- 3 ShopRite Lite English Muffins – or any 2 point English Muffins
 - 8 slices Canadian bacon, chopped
 - 4 oz Cabot 75% reduced fat cheese
 - 1 1/2 cups 1% milk
 - 4 eggs
 - salt and pepper to taste
1. Spray an 8 inch square baking dish with non stick spray. Cut each English muffin in half and lightly toast. Then cut each half into 6 pieces. Place 1/2 of the English muffins on the bottom of the baking dish.
 2. Sprinkle on 1/2 the Canadian bacon and 1/2 the cheese
 3. Next, layer on the remaining English muffins, the remaining Canadian bacon and remaining cheese.
 4. Beat eggs and milk together, seasoning with salt and pepper to taste.

5. Pour egg mixture evenly over casserole. Cover with plastic wrap and refrigerate at least 1 hour or up to overnight.
6. Bake at 325 for 45-50 minutes.