

## GOOD MORNING CASSEROLE

- 1 16-ounce package pork-sausage meat
- 1 8-ounce loaf Italian or French bread
- 3 cups milk
- 8 large eggs
- 1 8-ounce package sliced Swiss or American cheese

ABOUT 50 MINUTES BEFORE SERVING:\*

1. In 10-inch skillet over medium-high heat, cook sausage until well browned, stirring frequently.
2. Meanwhile, preheat oven to 350°F. Slice bread into ½-inch-thick diagonal slices. Line bottom of nonstick or greased 13" by 9" baking dish with bread, overlapping slices if necessary. With slotted spoon, spoon cooked sausage on top of bread in baking dish, reserving ½ cup sausage to use for garnish.

\*Or, to do ahead, the night before, prepare casserole as above, but do not bake; cover and refrigerate unbaked casserole. About 50 minutes before serving, preheat oven and bake about 40 minutes or until knife inserted in center comes out clean.

3. In bowl, with wire whisk or fork, beat milk and eggs until well mixed. Pour egg mixture over sausage and bread. Top with Swiss cheese. With pancake turner, press bread down so it absorbs egg mixture. Sprinkle reserved sausage over top of casserole. Bake 30 to 35 minutes until knife inserted in center comes out clean. Makes 8 servings.

Each serving: About 420 calories, 25 g fat, 274 mg cholesterol, 715 mg sodium.

## CORNERED-BEEF-HASH OMELET

- salad oil
- ½ 24-ounce package frozen hash-brown-potato nuggets with onion and peppers
- ¼ pound deli corned beef, in one piece, diced
- 6 large eggs
- ½ teaspoon salt

ABOUT 30 MINUTES BEFORE SERVING:

1. In 10-inch skillet over medium-high heat, in 3 tablespoons hot salad oil, cook frozen hash-brown-potato
- continued on page 204*



**YOU'LL BE SWEETLY SURPRISED  
TO CUT OUT FAT FROM YOU**

25¢

KARO®

MFR. COUPON | EXP. DATE 9/30/91

**SAVE 25¢**



5 48001 51025 3

on any size KARO®  
Light or Dark Corn

CONSUMER: Limit one coupon per purchase and you pay the tax. Void where prohibited, taxed or otherwise restricted.

RETAILER: Best Foods will reimburse you the face value of this coupon in full compliance with the Best Foods Redemption Program. For redemption to: Best Foods, Box 870025, El Paso, Texas 79902.