

“HOLIDAY HOOP-LA”

URBANDALE, IOWA – If you haven’t felt it already, you will soon! I am talking about the Holiday Hoop-la. The Holiday Hoop-la is a phrase I use when referring to the feelings of chaos, anxiety and stress right before the holidays.

I find myself getting frantic about everything! The house being clean, laundry being done, Thanksgiving decorations up, only to be taken down exactly at 12:01 AM the day after Thanksgiving to prepare for the craziness of Christmas. Christmas is a whole other ball game! I mean shopping, decorations, traffic, people, lists, wrapping and the one item both of these major holidays have in common...FOOD! Yes, food and lots of it!

The Iowa Egg Council wants to take one thing off of your plate that can help alleviate the Holiday Hoop-la. Let us help with your holiday menu. It is all planned out for you, all you have to do is download our 2014 Holiday Brochure at www.iowaegg.org or call 1-877-IOWAEGG. Oh, and you also have to prepare it! ;) Season’s Eatings from the Iowa Egg Council!

Layered Brunch Casserole

Cooking Spray

2 ½ cups frozen shredded hash brown potatoes, thawed

6 slices Swiss cheese

1 ½ cups chopped lean ham (8 ounces)

6 slices American cheese

8 large eggs

1 ½ cups nonfat milk

1 tablespoon Dijon mustard

1 tablespoon dried minced onions

1 ½ cups crushed corn flakes

¼ cup butter, melted, optional

Spray a 3-quart casserole with cooking spray; set aside.

Layer half of the potatoes, Swiss cheese, ham and American cheese in prepared casserole. Repeat layers.

Blend remaining ingredients except corn flakes and butter, until combined and pour over ingredients in casserole.

Refrigerate and cover for several hours or overnight.

Preheat oven to 350 degrees. Uncover casserole and sprinkle with corn flakes and drizzle with melted butter if desired. Bake casserole 50 to 60 minutes or until knife inserted near center comes out clean.