VYP Vary Your Protein **Recipe Series**

Recipe Category: Hot Main Dish

K·STATE Research and Extension

Make-ahead Eggs, Beans and Hash Brown Potatoes

Yield: 2 servings, about 1 cup each

2/3 cup frozen diced southern hash brown potatoes (or hash brown potatoes O'Brien)
2/3 cup cooked black beans, cooked without added salt, rinsed and drained
1/4 cup shredded cheese, such as colby or cheddar
1/2 cup pasteurized egg substitute or 2 large eggs
1/3 cup fat free milk
1 teaspoon dried basil leaves (or cilantro leaves)
a dash of ground black pepper

1. Wash your hands and work area.
2. Spray a quart-size baking dish with non-stick cooking spray. In the dish, stir together potatoes and beans. Sprinkle cheese over the top.
3. In a small mixing bowl, beat together egg substitute or eggs, and milk. Mix in basil or cilantro, and black pepper. Pour egg mixture evenly over the potato mixture.
4. Cover and refrigerate for 2 to 24 hours to allow flavors to blend.
5. Heat oven to 350 degrees F.
6. Bake uncovered for about 40 minutes, or until a knife inserted in the center comes out clean.
7. Let stand 5 minutes before serving.
8. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

Meal suggestion: Serve with melon wedges, muffins and low-fat milk.

This hot main dish can be served any time of the day. It is an excellent source of dietary fiber and calcium, and a good source of iron and vitamin A.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 240	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 230mg	**10%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 6g	**24%**
Sugars 3g	
Protein 19g	

Vitamin A 10% • Vitamin C 2%
Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to *www.ksre.ksu.edu/humannutrition/* The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," June 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.