

# Healthy Food for a Wealthy Mood



## Egg and Hash Brown Casserole

8 center-cut bacon slices  
1 ½ cups chopped onion  
8 oz. sliced shiitake mushroom caps  
3 garlic cloves, minced  
2 cups shredded hash brown potatoes  
¼ cup no-salt added chicken stock  
5 cups fresh baby spinach  
2 Tbsp. thinly sliced fresh basil  
½ tsp. kosher salt, divided  
½ tsp. freshly ground black pepper, divided  
3 oz. reduced-fat Swiss cheese, finely chopped  
Cooking spray  
½ cup 1% low-fat milk  
6 large eggs, lightly beaten

Cook bacon in a large non-stick skillet over medium heat until crisp. Remove bacon from pan; crumble. Increase heat to medium-high. Add onion, mushrooms, and garlic to drippings in pan; sauté for 6 minutes. Add potatoes and stock; cook 6 minutes, stirring frequently. Add spinach, basil, ¼ tsp. salt, and ¼ tsp. pepper; cook 2 minutes or until spinach wilts. Remove from heat; let stand 10 minutes. Stir in crumbled bacon and cheese. Place mushroom mixture in an 11 x 7-inch broiler-safe glass or ceramic baking dish coated with cooking spray. **Cover and refrigerate overnight.**

Preheat oven to 350 degrees. Uncover dish. Combine remaining ¼ tsp. salt, ¼ tsp. pepper, milk, and eggs in a medium bowl. Pour egg mixture over mushroom mixture. Bake at 350 for 28 minutes.

Preheat broiler to high; remove dish while broiler preheats. Broil 3 minutes or until top is browned and just set. Let stand 5 minutes.

Serves 6

CAL 238; FAT 9.5g; PRO 16.9g; CARB 21.3g; FIB 2.8g;  
CHOL 199mg; IRON 2mg; SOD 618mg; CALC 188mg

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