

# BREAKFAST FOR DINNER: MINI APPLE, BACON, AND SWEET POTATO CASSEROLES

Preparation: 30 minutes | Cooking: 30 minutes | Servings: 4

## INGREDIENTS

*Nonstick cooking spray*  
10 slices bacon  
6-7 large eggs  
1 (10-ounce) sweet potato, peeled and cut into 1/4-inch pieces  
2 cups chopped cooking apples  
3/4 cup fat-free milk  
3/4 cup shredded cheddar cheese  
1/2 cup chopped onions  
2 teaspoons fresh thyme or 1/2 teaspoon dried thyme  
1/4 teaspoon black pepper



## INSTRUCTIONS

Preheat your oven to 350 degrees Fahrenheit. Coat a muffin tin (with 12 two-and-a-half-inch muffin cups) with cooking spray. Cut four bacon slices into thirds crosswise, and chop the remaining bacon. In a 12-inch skillet, cook the large bacon pieces over medium heat until crisp. Drain the bacon on paper towels, and discard the drippings. Add the chopped bacon, the apples, and the onions to skillet, cooking over medium heat for 5 minutes, stirring occasionally. Add in the sweet potato, and cook it, stirring frequently, for 10 more minutes or until the potato is tender. Stir in the thyme and the pepper. Divide the potato mixture throughout the muffin tin. Separately, combine the egg and milk in a medium bowl, and then pour it over the potato mixture, filling the cups. Top the dish with cheese, and bake for 25 minutes or until the casseroles are puffed and a knife comes out clean. Cool the dish for 5 minutes. When cooled, remove the casseroles from the cups, and top them with large bacon pieces. Serve warm.