

A breakfast fit for making your New Year's resolutions

January 2 2020, by Len Canter, Healthday Reporter



(HealthDay)—New Year's Day is typically when you vow to start a new

diet to take off any weight you put on over the holidays or have been carrying. This year, make your resolutions attainable—slight changes that improve health without making impossible-to-meet demands on yourself.

If you enjoyed yourself last night, New Year's Day morning is a time to relax, not stress out in the kitchen. For a great breakfast, consider a baked egg casserole. It can be prepped the day before and finished while everyone enjoys a morning beverage.

Whole [eggs](#) are an unsung superfood loaded with nutrition. They contain all eight [essential amino acids](#). They're high in protein plus an important brain nutrient called choline, which is also essential for metabolism. If possible, shop for pasture-raised or organic eggs for their higher omega-3 fatty acid content.

New Year's Egg and Herb Casserole

- Olive oil cooking spray
- 6 eggs
- 2 cups skim milk
- 1 cup grated Parmesan cheese
- 1 tablespoon your choice of chopped herbs, such as rosemary or thyme
- 1 teaspoon baking powder
- 1/2 teaspoon freshly ground [black pepper](#)
- 2 cups diced lean ham

Preheat oven to 350 degrees if cooking the casserole right away.

Spray a 7-by-11-inch casserole dish with cooking spray.

In a large bowl, whisk eggs, milk, Parmesan, herbs, baking powder and

black pepper until well combined. Fold in the ham and pour into your casserole dish.

(Note: At this point you can cover the dish with foil or plastic wrap and refrigerate 8 hours or overnight; before baking, let the casserole stand for 1 hour at room temperature.)

Bake, uncovered, until the top is browned and the middle is set, about 1 hour. Serve right away.

Yield: 8 servings

More information: Learn more about [eggs](#) from the U.S. Department of Agriculture.

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