

# 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.

Copyright © 2020 [HealthDay](#). All rights reserved.

Citation: A breakfast fit for making your New Year's resolutions (2020, January 2) retrieved 25 April 2024 from <https://medicalxpress.com/news/2020-01-breakfast-year-resolutions.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--