

MENU

Sausage and Egg Casserole

SERVES 8-10

Fruit Bruschetta
Sausage and Egg Casserole
Lindsay Daniel Grits
Mixed Fruit
Poppy Seed Bread

GAMEPLAN

Monday

- Shop for non-perishables

Wednesday – Friday

- Shop for perishables
- Prep Sausage and Egg Casserole
- Prepare Lindsay Daniel Grits
- Prepare Poppy Seed Bread

Friday

- Prep Fruit Bruschetta

Saturday

9:45

- Prepare Mixed Fruit
- Prepare Fruit Bruschetta
- Complete Sausage and Egg Casserole

10:30

- Bake Sausage and Egg Casserole, 375° for 30 min
- Bake Lindsay Daniel Grits, 375° for 20 min

11:00

- Warm Poppy Seed Bread

11:15

- Serve and enjoy!

Sausage and Egg Casserole Brunch

SHOPPING LIST

Produce

- Black plums or nectarines, 4
- Cherries, 2 cups
- Shallots, ¼ cup chopped
- Garlic, 2 cloves
- Fresh parsley, 4 tbsp chopped, divided
- Onion, 1
- Sweet red pepper, 1
- Mixed Fruit: your choice

Bakery

- Baguette, 1 sliced

Meat

- Italian sausage, 1 lb ground
- Bacon, ⅓ lb

Baking, Spices, Nuts

- Vanilla extract, 2½ tbsp
- Baking powder, 1½ tsp
- Poppy seeds, 1½ tbsp
- Almond flavoring, 1½ tsp
- Butter flavoring, 1½ tsp

Packaged

- Oil-packed sun-dried tomatoes, 5-oz jar, ½ cup chopped
- Diced tomatoes, 1 14.5-oz can
- Stone-ground grits, 1 cup

Dairy

- Whole-milk ricotta, 1 cup
- 11 eggs
- Half and half, 1 cup
- Whipping cream, 1 cup
- Mozzarella, 2 cups
- Cheddar, 2¼ cups shredded
- Milk, 1½ cups

On Hand . . .

- Salt
- Pepper
- Sugar, 2¾ cups
- Olive oil, 2 tbsp
- Butter, ½ stick
- Flour, 3 cups
- Vegetable oil, 1½ cups

FRUIT BRUSCHETTA

SERVES 8 Adapted from *Bon Appétit*

Combine fruit, 2 tbsp sugar, 2 tbsp olive oil, vanilla extract, and a pinch of salt. Let sit for approx 15 min.

Whisk ricotta and 2 tbsp sugar until smooth.

Spread ricotta on toasted baguette slices. Top with a slice of plum and half a cherry. Drizzle with juices from fruit, optional.

DEEDEE'S NOTES:

- Fruit and ricotta may be prepared 1 day in advance. Cover each and chill. Bring fruit to room temperature prior to serving.
- If fresh cherries are not available, frozen or canned can be substituted.
- Recipe also works with 2 cups strawberries, cored and halved, and 2 cups blueberries.

INGREDIENTS

4 black plums or nectarines,
halved, pitted, thinly sliced
2 cups cherries, pitted, halved
4 tbsp sugar, divided
2 tbsp olive oil, divided
1 tsp vanilla extract
Salt
1 cup whole-milk ricotta
1 baguette, sliced, toasted



*Because of the sweetness, this appetizer
is especially good for a brunch menu.*

SAUSAGE AND EGG CASSEROLE

SERVES 8

Adapted from *Epicurious.com*

INGREDIENTS

1 lb ground Italian sausage
¼ cup chopped shallots
1 garlic clove, minced
½ cup chopped drained
oil-packed sun-dried
tomatoes, 5-oz jar
4 tbsp chopped fresh parsley,
divided
5 eggs
3 egg yolks
1 cup half and half
1 cup whipping cream
2 cups grated mozzarella
½ tsp salt

In skillet, brown sausage over medium heat until cooked through, breaking up into small pieces, about 10 min. Add shallots and garlic. Sauté 3 min. Add sun-dried tomatoes and 2 tbsp parsley. Sauté 1 min.

Spread sausage mixture in buttered 9x13 casserole. Casserole can be made up to this point 1–2 days ahead. Cover and chill.

In a large bowl, whisk eggs, egg yolks, half and half, and whipping cream, 1½ cups mozzarella, and salt. Pour egg mixture over sausage mixture in dish. Cover with remaining ½ cup cheese and 2 tbsp parsley.

Bake at 375° until top of casserole is golden brown and knife inserted into center comes out clean, about 30 min. Let stand 5 min before serving.

DEEDEE'S NOTES:

- Recipe may be prepped earlier in the morning or 1–2 days ahead.
- You may cook a portion of the egg mixture separately for vegetarians.
- For a thicker casserole, double recipe in one 9x13 casserole.

I love this casserole's savory flavor and that it is bread-free and, therefore, gluten-free.

LINDSAY DANIEL GRITS

SERVES 10–12 Adapted from *In Order to Serve*, Christ Episcopal Church

Cook bacon and crumble. In bacon drippings, sauté tomatoes, onion, red pepper, garlic, salt, and pepper.

Cook grits according to package instructions. Add 2 cups cheese and butter to hot grits. Stir until melted. Add bacon and tomato mixture to grits. Transfer to 2-qt casserole. Top with $\frac{1}{4}$ cup cheese.

Bake at 350° for 30 min.

DEEDEE'S NOTES:

- Recipe may be prepared 1–2 days in advance. Bake prior to serving.
- Grits may also be prepared with $\frac{1}{2}$ water and $\frac{1}{2}$ half and half.

INGREDIENTS

$\frac{1}{2}$ lb bacon
1 14.5-oz can diced tomatoes, drained
1 onion, chopped
1 sweet red pepper, chopped
1 clove garlic, minced
1 cup stone ground grits
2 $\frac{1}{4}$ cups shredded cheddar, divided
4 tbsp butter
Salt and pepper



POPPY SEED BREAD

YIELDS 2 LOAF PANS

Adapted from *In Order to Serve*, Christ Episcopal Church

INGREDIENTS

3 cups flour
2½ cups sugar
1½ tsp baking powder
1½ tsp salt
3 eggs
1½ cups vegetable oil
1½ cups milk
1½ tbsp poppy seeds
1½ tsp vanilla
1½ tsp almond flavoring
1½ tsp butter flavoring

In a mixer, combine all ingredients. Beat 2 min and pour into greased and floured loaf pans. Bake at 350° for 1 hr. Reduce oven to 325° and bake for 15 min.

Cool before removing from pans.

DEEDEE'S NOTES:

- Recipe may be prepared 1–2 days in advance.
- You may also use 3 small 5½x3 loaf pans. For smaller loaf pans, reduce cooking time to 45 min at 350° and 10 min at 325°. Keep an eye on them and remove if they brown faster.
- Increases well. Freezes well.

This has been a favorite gift to share with friends during the holidays.

Sliced and toasted with butter, it's even more irresistible!