

These sweet and savory mini casseroles are ready in just an hour. Refrigerate or freeze the leftovers to enjoy later.

## INGREDIENTS:

- Nonstick cooking spray
- 10 slices lower sodium, less fat bacon
- 2 cups chopped cooking apples
- ½ cup chopped onion
- 1 (10 ounce) sweet potato, peeled and cut into 1/4-inch pieces
- 2 teaspoons snipped fresh thyme or 1/2 teaspoon dried thyme, crushed
- ¼ teaspoon black pepper
- 1 ½ cups refrigerated or frozen egg product, thawed, or 6 eggs, lightly beaten
- ¾ cup fat-free milk
- ¾ cup shredded reduced-fat cheddar cheese (3 ounces)



## INSTRUCTIONS:

1. Preheat oven to 350°F. Coat a 12-cup muffin tin with cooking spray. Cut 4 of the bacon slices crosswise into thirds; chop the remaining bacon.
2. In a large skillet, cook large bacon pieces over medium until crisp. Drain bacon on paper towels; discard drippings. Add chopped bacon, apples and onion to skillet. Cook over medium for 5 minutes, stirring occasionally. Add sweet potato; cook 10 minutes or just until potato is tender, stirring frequently. Stir in thyme and pepper.

3. Divide potato mixture among the prepared muffin cups. In a medium bowl, combine egg and milk; pour over potato mixture (cups will be full). Top with cheese.
4. Bake 25 minutes or until puffed and a knife comes out clean. Let cool in the pan for 5 minutes. Remove from cups. Top with large bacon pieces. Serve warm.

## **NUTRITION**

Servings Per Recipe 6  
Serving Size 2 mini casseroles  
Calories 198

	% Daily Value *
<b>Total Carbohydrate 22g</b>	<b>8%</b>
<b>Dietary Fiber 3g</b>	<b>11%</b>
<b>Total Sugars 11g</b>	
<b>Protein 15g</b>	<b>30%</b>
<b>Total Fat 6g</b>	<b>8%</b>
<b>Saturated Fat 3g</b>	<b>15%</b>
<b>Cholesterol 16mg</b>	<b>5%</b>
<b>Sodium 387mg</b>	<b>17%</b>

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at [katieConklin@oshkoshymca.org](mailto:katieConklin@oshkoshymca.org)

Recipe source <https://www.eatingwell.com/recipe/264602/apple-bacon-and-sweet-potato-mini-casseroles/>