

Mexican Breakfast

If you love breakfast casseroles and Mexican food, you'll love this. You can make it the night before and bake in the morning. It's hearty enough to eat for dinner too.

Adapted from: A Pinch of Salt Lake

[print recipe](#)

1 cup low fat sour cream
1 10 3/4 oz can cream of chicken soup
1 4 oz can chopped green chilies
1/4 teaspoon cumin
1/4 teaspoon coriander
12 oz spicy ground sausage (I use Jimmy Dean)
2 tablespoons butter
7 large eggs
1/4 cup cottage cheese
1/4 cup chopped parsley, fresh
1/4 cup chopped green onions, green stems only
8-10 12 inch flour tortillas, buttered lightly
2 cups grated Cheddar cheese, divided
2 cups grated Monterey Jack cheese, divided
8-10 oz salsa, red or green

Whisk sour cream, soup, green chilies, cumin and coriander together in a mixing bowl. Saute sausage, drain off grease. Melt butter in Teflon skillet over medium heat, add eggs and cottage cheese and blend. Cook until eggs are at soft scramble stage. Remove from heat and add green onions and fresh parsley. Add 2 tablespoons of the sour cream mixture and all of the sausage to the eggs. Lightly fold in 1 cup of the cheddar and one cup of the Jack cheese into the egg mixture.

Preheat oven to 325 degrees.

Grease a 9x13 pan.

Place about 1 cup of the sour cream mixture into the baking dish. Spread to cover bottom of pan. Divide filling into the eight or ten tortillas. Roll up the individual tortillas. Place filled tortillas into prepared dish. Top with remaining sauce mixture, 8 oz. of salsa and finally 2 cups remaining grated cheese.

Bake for 30-45 minutes or until cheeses are melted and eggs are heated and bubbly.

Tips:

- This dish has many variations. Sheri always makes it without the sausage, and adds fresh spinach instead.
- The original recipe calls for a 7 oz can of green chili salsa, added to the sour cream mixture. We like the way it looks when the salsa is reserved to top the tortillas.
- You may use Chorizo instead of Jimmy Dean sausage.
- Even though this is rolled as individual tortillas, after baking, it is easily cut into squares and

served as more of a casserole. You may cut a 9x13 dish into 16-20 servings .

-For make ahead, prepare the recipe up to the point of placing the filled tortillas in the dish.

Cover and refrigerate overnight. Refrigerate remaining sauce as well. In the morning, remove the tortillas and top the dish with sauce and remaining salsa and cheese. Loosely cover and bake for 30-45 minutes at 325 . Remove foil and bake for an additional 10 minutes or until cheese is melted and dish is heated thoroughly.