

Eggs Benedict Casserole



This overnight eggs Benedict casserole features layers of English muffins and Canadian bacon in a savory egg filling. It's a delicious recipe for holidays and Sunday brunches.

Eggs Benedict casserole is an incredible make-ahead version of the classic breakfast dish. It captures all the elements of eggs Benedict but comes together without the hassle. Assemble the casserole the night before, then let it sit in the fridge overnight. When you're ready to eat, simply pop the baking dish into the oven.

Of course, eggs Benedict isn't complete without a proper hollandaise sauce. This classic French mother sauce is silky-smooth, velvety and incredibly luxurious. It seems like an intimidating sauce, but we promise it's easy to pull off!

Eggs Benedict Casserole Ingredients

- Canadian bacon: This lean bacon is also called back bacon. The round slices are made from cured, smoked pork loin, a cut of meat that runs along the back of the pig. It tastes a lot like ham and adds the perfect level of salt and smoke to this breakfast casserole.
- English muffins: Cooking these muffins on the griddle (instead of the oven) makes them fluffy, light and chewy. If you like, you can toast the English muffins for a roasted flavor and a firmer texture.
- Homemade hollandaise sauce: You can buy instant hollandaise, but the dish will taste fresher if you make it from scratch. We drizzle this egg yolk-butter emulsion onto the casserole to mimic the gooey egg yolk of traditional poached eggs.

To determine if egg casserole is cooked, insert a knife into the center of the casserole dish. The eggs Benedict casserole is finished cooking if the knife comes out clean. Also, use a food thermometer to confirm the center of the casserole has reached 165°.

How do you make hollandaise sauce thicker or thinner?

There are many ways to adjust the consistency of hollandaise sauce. The sauce should be thick enough to coat a spoon but thin enough to drizzle over eggs Benedict. The best way to thicken a sauce like hollandaise is to add more melted butter, whisking continuously to ensure the butter emulsifies into the eggs. To thin out hollandaise sauce, simply whisk in more lemon juice or a splash of water.

Hollandaise sauce is best served fresh, so we recommend keeping the leftovers to a minimum. If you end up with extras, store the sauce in a separate airtight container in the refrigerator for up to two days. The cold temperatures will cause the butter to solidify, so you'll need to reheat the sauce before serving. We don't recommend using the microwave (the high heat can cause the sauce to break, and it will become grainy and scrambled). Instead, gently warm it over a double boiler, like the one you used to make the sauce. Whisk often until the sauce becomes silky-smooth.

Can you freeze eggs Benedict casserole?

To freeze eggs Benedict casserole, let the casserole cool completely. Cover the casserole dish tightly, or transfer the contents to a freezer-safe container. Store in the freezer for up to three months. Thaw the casserole in the refrigerator overnight, then reheat as directed.



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Technically, you can also freeze leftover hollandaise sauce, but the texture won't be as velvety once thawed. Freeze the sauce in a freezer-safe container for up to three months. Alternatively, create single-sized portions in an ice cube tray. Transfer the cubes to a freezer-safe resealable plastic bag once frozen solid, then store in the freezer. Thaw the sauce overnight in the refrigerator. Reheat as directed.

Recipe Variations

- **Customize the ingredients:** Instead of Canadian bacon, use smoked salmon, crab, sliced ham, cooked breakfast sausage or a different type of bacon. You can also swap in vegetables such as asparagus, mushrooms, red peppers, diced tomatoes or sauteed spinach (which turns this eggs Benedict bake into eggs Florentine casserole).
- **Serve with another sauce:** Skip the hollandaise, and whip up a creamy pesto sauce. Or make eggs Benedict with avocado sauce or eggs Benedict bake with bearnaise sauce.
- **Make individual servings:** Before baking, portion the ingredients into small oven-safe ramekins or a muffin tin (like we do with make-ahead eggs Benedict toast cups). Adjust the bake time as needed.



TOTAL TIME: Prep: 25 minutes + chilling
Bake: 45 minutes)

YIELD: 12 servings

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INGREDIENTS

- _ 12 ounces Canadian bacon, chopped
- _ 6 English muffins, split and cut into 1-inch pieces
- _ 8 large eggs
- _ 2 cups 2% milk
- _ 1 teaspoon onion powder
- _ ¼ teaspoon paprika
- _ Minced chives, optional
- _ HOLLANDAISE SAUCE:
- _ 4 large egg yolks, room temperature
- _ ½ cup heavy whipping cream
- _ 2 tablespoons lemon juice
- _ 1 teaspoon Dijon mustard
- _ ½ cup butter, melted

DIRECTIONS

1. Place half the bacon in a greased 3-qt. or 13x9-in. baking dish; top with English muffin pieces and remaining bacon. In a large bowl, whisk eggs, milk and onion powder; pour over top. Refrigerate, covered, overnight.
2. Preheat oven to 375°. Remove casserole from refrigerator while oven heats. Sprinkle top with paprika. Bake, covered, 35 minutes. Uncover; bake 10-15 minutes longer or until a knife inserted in the center comes out clean.
3. For sauce, in top of a double boiler or a metal bowl over simmering water, whisk egg yolks, heavy cream, lemon juice and mustard until blended; cook until mixture is just thick enough to coat a metal spoon and temperature reaches 160°, whisking constantly. Reduce heat to very low. Slowly drizzle in melted butter, whisking constantly. Serve immediately with casserole. If desired, sprinkle with chives.

NUTRITION FACTS

1 piece with about 2 tablespoons sauce:
286 calories, 19g fat (10g saturated fat),
256mg cholesterol, 535mg sodium, 16g
carbohydrate (4g sugars, 1g fiber), 14g protein.



Green Salad with Berries



TOTAL TIME: 15 minutes

YIELD: 4 servings

INGREDIENTS

- _ 1 cup torn romaine
- _ 1 cup fresh baby spinach
- _ 1 cup sliced fresh strawberries
- _ ½ cup thinly sliced celery
- _ ½ small red onion, thinly sliced
- _ ½ cup coarsely chopped walnuts
- _ 2 green onions, chopped
- _ ¼ cup raspberry vinaigrette
- _ 1 cup fresh raspberries

DIRECTIONS

- 1.** In a large bowl, combine the first 7 ingredients. To serve, drizzle with vinaigrette and toss to combine. Top with raspberries.

NUTRITION FACTS

1 serving: 157 calories, 10g fat (1g saturated fat), 0 cholesterol, 50mg sodium, 15g carbohydrate (8g sugars, 5g fiber), 4g protein.

Diabetic Exchanges: 2 fat, 1 vegetable, 1/2fruit.



Be sure to check out **Ready, Set, Explore!**
Another family fun program from the
University of Wyoming Extension!



How it works!

1. Register once to participate at: https://bit.ly/readysetexplore_registration
2. Upon registering, you'll receive a link to the full Ready, Set, Explore! packet that includes activities and extras for all months (Oct-May).
3. Choose to do 4 or more of the activities listed for each month.
4. Submit monthly completion form and share pictures from your adventures! https://bit.ly/readysetexplore_completion

READY, SET, EXPLORE!

APRIL 2026 - General Activities List

1. Play "Kick the Can"
To Prepare:
 - Find a bucket or a can that can handle a good kicking.
 - Gather at least 3 people (the more, the merrier).
 - Designate a 'JAIL' area within sight of the can.**To Start:**
 - Choose an 'It' by counting off or another method.
 - 'It' covers their eyes and counts out loud, giving players time to hide.
 - Players hide while 'It' is counting.
 - When counting stops, players try to kick the can without being tagged. If tagged, they go to 'JAIL'.
 - If another player kicks the can, all players in 'JAIL' are set free.
 - The game continues until all players are captured.**Game Notes:**
 - A new 'It' is chosen, and the game continues as long as players want to keep playing.
 - This classic game is great for kids, teens, and adults!
2. Skip Rocks:
 - **Find Calm Water:** Look for a flat or calm body of water like a lake or pond.
 - **Choose Smooth Stones:** Select flat, smooth stones that fit comfortably in your palm.
 - **Grip the Stone:** Hook your pointer finger around the stone and balance it between your thumb and middle finger. Hold the smooth side down.
 - **Throw the Stone:** Use a low sidearm swing and flick your wrist. Aim for a 20-degree angle to the water for maximum skips.
 - **Release:** Snap your wrist at the end to give the stone a spin.
3. Adventure awaits on two wheels! Hop on your bikes and pedal your way to a treat! Enjoy the ride and reward yourselves with something delicious at your favorite spot.
4. Take a nature walk in your own neighborhood. How many different species of plants and animals can you identify?
5. Go visit a museum or historic site near you
6. Slow the pace on a hike/walk. Pause or play along the way and enjoy every moment. Make this hike all about the journey, not just the destination!
7. Embark on an night hike! Pick a night when the full moon is shining bright and rely on your senses rather than artificial light. It's all about the adventure, not the distance!
8. Fly a kite on a windy day.
9. Make a nature wind chime! Gather found materials in nature, including a medium sized stick. Cut string into 5-7 pieces to the same length. Tie the string to your various findings (rocks, shells, feathers, twigs, pinecones, etc.) and attach all strings to your stick and hang your wind chime in your house or in your tree!
10. April 3rd is **National Find A Rainbow Day**- take a walk around your neighborhood, local park, or favorite outdoor area and see if you can find items in nature for all colors of the rainbow!
11. April 22nd is **Earth Day**- Go to your local park, trail, or neighborhood and pick up litter. Make it a game and see who can collect the most!
12. Write your own nature prescription: <https://parkrxamerica.org/patients/write-your-own-nature-prescription.php>
13. April 5th is National Walking Day: Calling all watch-wearers! It's time to get your steps this coming April. Just make sure you have some good walking sandals or hiking boots for the day!
14. Cook an outdoor meal: There are so many options here!! Cook over a fire or use a grill or camp stove.
15. **"Sit Spot"**: Find a spot to sit and observe for 15 or 20 minutes. Come back a day or two later and see what is the same and what is different. Often you may notice the same squirrels or birds!
16. Make a bug hotel ~ Earth Day
17. Start an Herb Garden
18. Make a map of your yard and practice using a compass
19. Eat every meal for a day outside
20. Learn about soil!