

A Very Homemade Christmas



**13 Craft Ideas and Breakfast
Casserole Recipes for the Family**

A Very Homemade Christmas: 13 Craft Ideas and Breakfast Casserole Recipes for the Family

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Letter from the Editors

Hi Christmas Crafters,

Christmas is all about spending time with loved ones. One of the best ways to bond is over Christmas crafts, as they are personal and can be done at any time. This eBook was inspired by family crafting, and you'll find it full of fun and festive ways that your family can get ready for the holidays. There's even a special bonus for crafters who love cooking; we've included 5 bonus breakfast casserole recipes that will be the perfect way to keep everyone warm while you work on your Christmas crafts. The holidays are getting close, so be prepared – this eBook has everything you need to get the whole family crafting this Christmas.

These homemade Christmas crafts for the family come from some of our best craft designers, so you can expect quality and creativity. We've also gathered the best recipes from amazing food bloggers working with AllFreeCasseroleRecipes.com. You won't have to stress about spending all of your money on new Christmas items this year, as this eBook has everything you'll need to kick start your Christmas for less.

You can find more tutorials, tips, and decorating ideas at www.AllFreeChristmasCrafts.com.

Our eBooks, like all our Christmas craft projects, are absolutely FREE to members of our crafting community. Please feel free to share with family and friends and ask them to sign up at our website for our [free e-mail newsletter](#).

Happy Crafting,

The Editors of AllFreeChristmasCrafts

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Wooden Welcome Snowmen

By: Kaysi for [Keeping It Simple](#)

Everyone loves snowmen, so they'll serve as the perfect outdoor Christmas decoration. Transform wood into a delightful group of greeters with what you already have at home. Get the whole family to join in and help you come up with a festive design for each snowman.



Materials:

- 5 pieces of 2x4 wood
- Glue gun and staples
- Paint
- Gloves
- Ribbon, fleece
- Mod Podge
- Cotton balls

Instructions:

1.) I started with 5 pieces of 2x4 wood (I know that in the picture there is 6, I was going to use all of them, but decided it was too crowded). I cut them in various sizes, from 12 inches to 18 inches.



2.) I used the 18 inch piece for the bottom. Using a glue gun (I couldn't find my wood glue), I glued the other pieces on the bottom pieces.



3.) For more reinforcement, I stapled the backs of each piece.



4.) I then painted all of it white



6.) I then gathered the four fingers and tied them with ribbon.



Now for the cute hats, I made them out of adult gloves



7.) I cut each finger in half, just for fun. :)



5.) I turned the glove inside out and sewed the thumb.



8.) I then placed the hat onto the snowman.



9.) I then made three more hats and some scarves out of fleece.



10.) Using black paint, I painted on the faces. For the noses, I used some wooden V letters that I had and painted them orange.



Now for the sign:

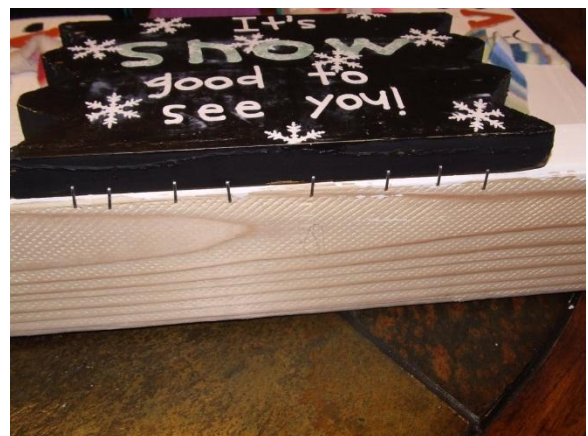
11.) Using my [Silhouette](#), I cut the letters out of card stock and patterned paper.



12.) Using mod podge, I put the letters and snowflakes onto my black piece of wood.



13.) I then glued the sign in front of the wood and stapled the bottom.



14.) I then used cotton balls and glued them all over the bottom piece of wood.



And now it's on my porch, ready to greet people when they come by!!!



Life Saver Candy Canes

By: Jenn for [Mama Jenn](#)

Making homemade ornaments is a fun way to spend time with the family. You can show your little ones how you can use candy as a material in your Christmas crafting. Kids and adults alike can learn something new from this tutorial.



Materials:

- 4 pineapple lifesavers and 4 cherry lifesavers (I bought a big bag of them)
- Cookie sheet covered in tin foil
- 1½" cut from a plastic drinking straw
- Ribbon or string

Instructions:

- 1.) Preheat oven to 325°F.
- 2.) Arrange the eight lifesavers into the shape of a candy cane.

3.) Bake for 3 to 6 minutes, until candies are melted.

4.) Remove from oven.

5.) Quickly use the straw to poke a hole in the top of the candy cane. Leave the straw there until the candy has cooled.

6.) After the candy is completely cool, gently remove the straw. *(I did this with some of ours and was unable to get the straw out without breaking the candy cane. So, for the remaining candy canes, we made sure to remove them from the oven before the top hole already in the Life Saver melted. We used that hole to do step 7.)*

7.) Tie the ribbon or string through the hole to hang the ornament on your Christmas tree.

Elegant Winter Queen

By: Shanti for [Twig and Toadstool](#)

This is an example of the most gorgeous kind of crafting. Not only is this lovely Christmas character a beautiful decoration, but it's also one your kids can play with. You can assign everyone a role so each piece has a special someone contributing it.



Materials:

- A Wooden Doll Pin
- White Pipe Cleaner
- White felt
- White roving
- White tulle
- White flower
- Acorn top
- Feather
- Doll pin stand
- Glue gun
- Some sparkle if you like!



Instructions:

1.) To begin wrap your pipe cleaner around the body (twisting it once in the back to hold better) and trim your arms to the length you desire.



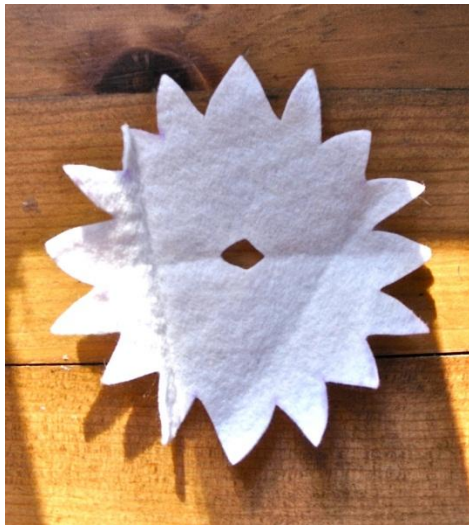
2.) Cut out a rectangle (double the length of the body) out of your felt and fold in half. Draw whatever shape you would like for your dress and cut out. Remember to leave the top folded and mostly uncut. Cut a small hole for the head.



3.) With your glue gun, glue down the sides and the sleeve bottoms.



4.) Draw a shape for your skirt and cut out. Next cut a small hole in the center...



5.) Slide the body in.



6.) The tulle part is tricky. Basically you put some glue under the skirt at the top, gather your tulle in folds and press down into the glue (use something other than your fingers to push the tulle into the glue).



7.) Cut the petals off your flower and glue them in twos onto the back of your fairy.



8.) Glue on your roving for hair and then your acorn top hat.



9.) Then cut your feather to fit around the waist and glue it together in the back.



There she is! Also wanted to mention... these little dolls your kids can actually play with (unlike many of my other faerie inspired creatures). She turned out quite sturdy and ready for little hands.



Poinsettia Placemats and Napkins

By: Beverly for [Flamingo Toes](#)

Your homemade holiday wouldn't be complete without a proper table setting. Have your little ones help you pick out a festive fabric design and cut up the pieces so you can get to work on some totally DIY table decorations. This is a great tutorial for sewists who want to design their own home décor.



Materials:

- Placemats (Purchased or Made. I found these beauties on clearance at Target. Love.)
- Fabric for Poinsettias and Napkin Binding (I made 4 and I used about 1/2 yard of 60" fabric)
- Linen for napkins (18" square per napkin)
- Small Scraps of Felt and 1 Button per placemat

Instructions:

1.) Start by drawing out a petal shape for your poinsettia leaves. Cut out 10 leaves per placemat. (It sounds like a lot but it goes fast)



2.) Layer 2 petals right sides together. Sew around the edges with a small seam allowance, leaving the bottom straight edge open.



3.) Turn right side out.



4.) Fold the two sides of the bottom edge together and sew across the edge. This will put a little pleat in the bottom. Repeat for your other petals.



5.) Cut a small circle out of felt. (I used a thread spool for a pattern). Sew the folded edge of your petal to the felt circle.



6.) Sew four more petals to the felt circle.



7.) Sew a fun button to the center to cover up those raw edges.



8.) Position the flower on the left side of the placemat, about halfway between the top and bottom so that one leaf points up, one leaf points to the left, one to the right, and two point down.

Tack the flower well to the placemat on the underside of the left and right leaves. Make sure you don't sew all the way through the leaves.



9.) Now your flower's all sewn on and ready for a napkin.



You can use purchased napkins for this next step, or make your own. This is "cheater" bias tape – but it looks pretty and worked for the amount of fabric I had.

10.) Sew a strip of red fabric to 2 sides of the napkin, right sides together.



9.) Fold the fabric away from the napkin. Fold it in half, then turn under the unsewn edge 1/4". Lay that along the edge of the napkin and sew down. You are covering the raw edge of the seam inside the fold.



10.) For the opposite two sides, cut two pieces slightly longer than the napkin. Sew on as you did before.



11.) Fold the red piece right sides together and sew up the sides of the fabric, along the edge of the napkin.



13.) Tuck your napkin under the poinsettia.



12.) Turn right side out and turn the raw edge under 1/4". Sew down as you did the other sides.



14.) Add your place setting and you're all ready for a beautiful holiday table!!

Now you have a pretty napkin trimmed to match your placemat!



Paper Roses

By: Claire Rose for [Bless My Nest](#)

This is one tutorial you'll definitely want to use again during the year. The whole family can learn how to create their own flowers for just about any decoration while also being eco-friendly. Make a gorgeous centerpiece for your next Christmas party without spending a dime.



Materials:

- Paper (this tutorial uses book paper)
- Mod Podge
- Styrofoam ball
- Glue gun



Instructions:

- 1.) I ripped long strips and mod podged them to the styrofoam ball.
- 2.) They didn't stay very well so I tacked them while they dried.
- 3.) I cut the pages into squares again. Then I cut around in a circle.



- 4.) Got my trusty glue gun out, and went to town!



Embroidery Hoop Snowman Card Holder

By: Abbey for [The Cards We Drew](#)

Forget taping your Christmas cards to the wall this year! This creative snowman is designed to hold them all for you. Everyone in your home can add their own little personal touches to complete the most standout decorative card holder of the season.



Materials:

- 3 embroidery hoops (large, medium, small)
- 3 cork tiles (sold in packs of 4 at the craft store)
- White felt (I bought 1/2 yard of it and had tons left over)
- Black felt, orange felt, and red/green felt in sheets
- 2 medium sized googly eyes
- 2 sticks (I bought the stocks at Joann's)
- Hot Glue
- Scissors
- Box Knife
- Cutting Board
- Pen

Instructions:

1.) Trace your embroidery hoops onto the cork tiles with a pen.



2.) Use a box knife and cutting board to cut your cork tiles into the circle shapes. ****Don't be worried about this, isn't not hard****



3.) Once all your tiles are cut out, cut off 3 pieces of white felt that are squares a little bigger than your cork circle.



4.) Then take your cork tile and felt and insert it into the embroidery hoop making sure it's pushed in there tightly and fits well (it may take some adjusting).



6.) After the glue dries, cut the excess felt off the circle and repeat with the other two embroidery hoops.



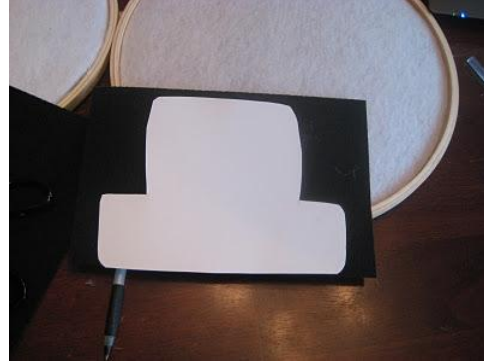
5.) I then took hot glue and glued the felt side of the cork tile to the inside of the embroidery hoop. I did a couple layers of glue to make sure it was nicely secured.

I then followed up with another layer of hot glue on the layer between the cork and the felt so that the cork wouldn't fall out of the felted layer either (so two layers of glue, one outside the felt and one inside the felt line).



7.) From there, you need to start working on decorating the front of your snowman. I started by connecting all the 3 pieces together, something I WOULD NOT recommend because it makes decorating it all the harder. I would recommend waiting until the end to connect your 3 hoops.

I connected them by taking rectangles of felt and gluing them to the back of each hoop, so I connected the large and medium together with one felt rectangle with tons of hot glue and then I connected the medium and small hoop together with another rectangle of felt and tons of hot glue.



8.) After that I flipped it over and added 4 black felt buttons going up the front (2 on the middle hoop and 2 on the bottom hoop). I made 5 small black felt "buttons" and added them to make the mouth. I made a triangle out of orange felt for the nose and I added 2 googly eyes. I also cut out a hat from the black felt and added a red strip of fabric with a red felt rosette and little green leaves. I glued the hat to the top of the small hoop.

Lastly I took a piece of green felt, divided it into 3rd's long ways and cut it. Then I glued 2 pieces together and wrapped it around the snowman's neck like a scarf. I cut little slits into the bottom piece to make it more scarf like, as well.

9.) After the front was decorated and glued down, I switched back the back and added 3 more rectangles of felt. Two rectangles were added to the middle hoop on the sides to slide my sticks into (so the length is adjustable). I just cut the rectangles and glued down the 3 sides and left the top open to slide the stick into). Then I added another rectangle at the top to use as something to hook onto.



10.) Then I hung my snowman onto my door so I could start displaying my Christmas cards on it!



Stylish Zip Up Pillow Covers

By: Anneliese for [Aesthetic Nest](#)

Another way to make your Christmas feel more homemade is by making your own DIY pillow covers. Have your family help you come up with a theme and follow this handy tutorial. You'll be referring to this all throughout the year once the home décor bug bites you!



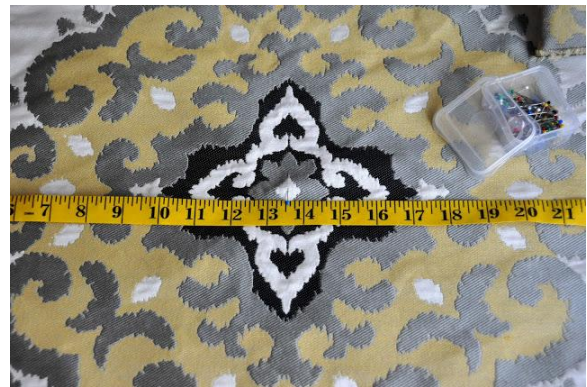
Materials:

- Pillow form (mine were 26"x26") in down or polyfill
- Two pieces of fabric cut to fit the form. If you want a tight fit cut the fabric to the same dimension as the pillows (so I would cut mine to 26"x26"). If you want a bit of room you will need to add an extra inch to both dimensions to allow for .5" seam allowances. (So I would cut mine 27"x27") You can cut the two pieces from the same fabric for a "reversible" pillow, as I did with the grey pillow, or use a front piece and a different back piece as I did with the medallion print pillow backed with duck cloth
- Thread
- Invisible zipper 2"-4" shorter than your finished pillow dimension. (I used a 22" zipper for my finished 26" pillow) (note that I didn't prep the zipper by ironing out the coils/teeth as directed)

Instructions:



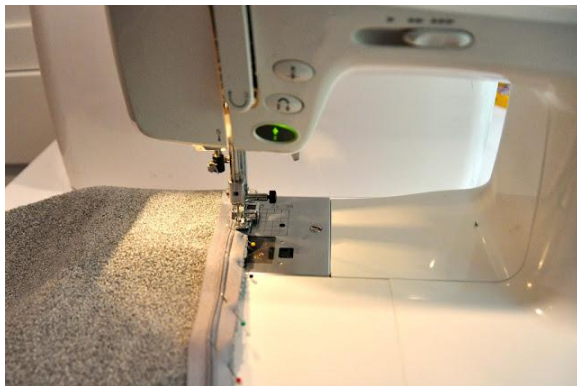
1.) Cut out your fabric tight (the same dimensions as the pillow form) or loose (with an extra 1" on either dimension so that you have enough for a .5" seam allowance on all sides).



2.) If you are working with a pattern you will want to think about centering the pattern on the pillow. To do this, take a measuring tape and measure out half your fabric measurement from the center of the pattern, or whatever position on the fabric you wish to be in the center. So for my 27" cut of fabric placed the measuring tape in the center of the medallion and measured out 13.5" on all four sides.



3.) Take one of your pieces of fabric (doesn't matter which one, even if you have a front and a back to yours) and pin the zipper face down along the edge that will be the bottom of the pillow cover. Center the zipper. So if you are using one that is two inches shorter than your fabric there should be one inch on either side of the zipper. The edge of the zipper should align with the raw edge of the fabric.



4.) Now, using a zipper foot (just a regular zipper foot--no need for an invisible zipper foot) stitch the zipper in place by stitching as close to the coils as possible. With my zipper foot the edge of the foot aligns with the raw edge of the fabric and the edge of the zipper.



5.) When you come to the zipper pull, back stitch, lift up your zipper foot and move to the front of the zipper...back stitch and then finish stitching.



6.) Then open the zipper a few inches and stitch the section you skipped. This will result in a straight seam instead of some wonkiness around the zipper pull.



7.) Now you will pin the other side of the zipper to the right side of your other piece of fabric. Do this as you did with the first piece, centering the zipper on the fabric (match the edges of the two pieces of fabric). It's a bit awkward to do this but not too bad if you are careful pinning. You don't want to pin together the two pieces of fabric.



8.) Now stitch down this other side of the zipper to your second piece of fabric, just as you did

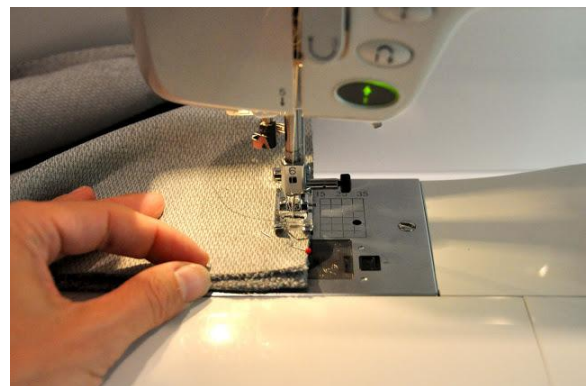
with the first piece, keeping the stitching as close as possible to the zipper coils. Skip around the zipper pull and go back and fill in the gap as you did with the first piece too.



9.) Now you will have a zipper joining one edge of what will be your pillow cover.



10.) Pin the two pieces of fabric on all sides, right sides together. Start and finish by pinning the inch or two of fabric on either side of your invisible zipper.



11.) Now you will stitch all the way around the fabric to form your pillow cover. Start and finish where you left off by the zipper. Now here is the tricky part...



12.) You will want to start and finish your stitching just a few hairs (about 1/8th inch) below the zipper stitching and with about .5" of overlap so that the ends of the zipper are inside the seam allowance a bit. This will ensure that the zipper ends are tucked in neatly and that the seam comes as close as possible to the head (pull) and tail of the zipper. (I'm showing this on my finished medallion pillow after clipping the corners because it's easier to see the contrasting thread but you won't have clipped your corners yet....)



13.) Stitch and pivot at the corners using a .5" seam allowance all the way around (except for the margins on either side of the zipper where you will stitch with a slightly larger seam allowance as described above.)



14.) BEFORE you finish your stitching on the other end of the zipper open the zipper a few inches to create an opening for turning (I forgot to do this the first time and it was very difficult to move the head/pull of the zipper from the wrong side!).



15.) Finish stitching.



It looks so nice with that narrow little zipper.
And I like the pull too.

16.) Clip your corners. (Finish all your raw edges with a zigzag stitch if you would like to cut down on the strings that may unravel when you take the cover on and off.)



Make a stack!

17.) Turn right side out.



18.) And you have a pillow cover ready to stuff!

Golden Lace Angel

By: Gloria for [Domestic Diva](#)

Every home needs a darling little angel spreading cheer and joy. This angel is particularly sparkly and delicate looking, but is made from sturdy materials. You can put it anywhere in your home and it will make the rest of your decorations pop.



Materials:

- **At Testors:**
- Aztec airbrush
- Color Artz Bronze Have More Fun Paint
- **At JoAnns:**
- Ivory Sheer Fabric 18" X 45"
- 8" scrap of lace
- 6" Styrofoam cone
- 12" round paper doily
- 1.5" gold ball Christmas ornament
- Gold 22 or 24 gauge wire
- 3 gold wire headpins
- 3 – round pearls
- Fast Finish Decoupage
- Marker
- One-inch brush
- Elmer's glue
- Wire cutters
- Small leafy Christmas décor
- Scotch Spray Mount repositionable adhesive

Note: Allow paint to dry completely between steps.

Instructions:

1.) Download and print out the [angel body and wing template](#).

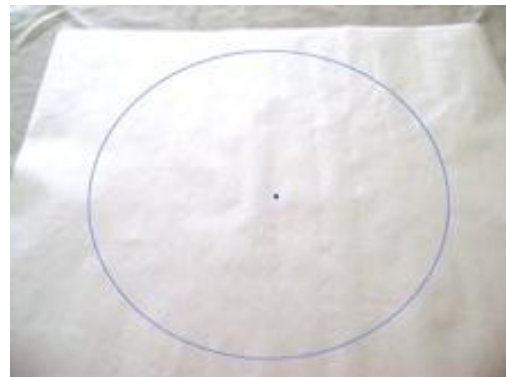
THE BODY:



2.) Cut 4 squares of freezer paper: one for the angel body measuring 16", and three for the wings measuring 8" each.



3.) Iron sheer fabric onto all freezer paper squares with the paper's glossy side against the fabric. The freezer paper will keep the fabric stable while you work.



4.) When the Fast Finish is dry, spray the backside of a 12-inch paper doily with repositionable stencil adhesive. Align the doily with the fabric circle and press to adhere.



8.) When dry, carefully peel away the doily then peel the fabric away from the freezer paper.

5.) Place the 16" bonded fabric/paper square onto a work surface paper side up. Using the template, trace a 12" circle onto the freezer with a marker. You should be able to see the circle through the sheer fabric. Using the marker, place a dot in the center of the circle.



6.) With the fabric side up, use a one-inch brush to paint an even coat of Fast Finish on the circle outline. Straddle the line with the center of your brush to put down the decoupage half inside the line and half outside. This sealer will prevent the fabric edge from fraying when it is cut.

9.) Drape the fabric over the Styrofoam cone with the dot in the very center.



7.) Using a paintbrush, paint the doily.

THE WINGS:



10.) Place one of the 8" squares onto a work surface, paper side up. Trace the wing template using a marker.

11.) Use a brush to evenly coat the entire fabric side surface of each of the 8" squares. Bond all three squares as follows: When the squares are completely dry, remove the freezer paper from one square and set the square down on the layer with the wing outline. Paint with more Fast Finish, which will bond the two fabrics. Repeat with the third wing and let dry.



12.) Spray adhesive on the back of a scrap of lace and place it over the wing shape. It should cover the wing completely. Airbrush the wing.



13.) When the paint has dried, remove the lace and cut out the wing following the line created with your marker. Carefully peel away the freezer paper.

THE DETAILS:

Head



14.) Place enough toothpicks in the hole of a ball ornament to fill the space. Glue the toothpicks to the ball and let dry.



15.) Wrap gold wire around a knitting needle or a skinny object five times to form a coiled ring small enough to cover the toothpicks. Snip away any excess wire.

Insert the picks through the spiral wire and push it into the dot in the fabric leaving about 1/4" space between the head and the body.

Halo:



16.) To form the circular halo, double wrap wire around any round object (I used a craft glue container) measuring approximately 1 ½". Slide the wire off the container. Make a 45 degree bend in the excess wire leaving a 2 ½" tail. Smooth out any kinks in the wire circle.



17.) Wrap the opposite wire end around the angle and snip off the excess.



18.) Push the wire stem into the Styrofoam behind the angel's head.



Arms:

19.) Cut a piece of wire 8" long. Stick the wire through the Styrofoam ¼" down from the neck. An even amount of wire should protrude from each side. Bend the wire to form angled arms.



20.) Stick the arm wire ends through a purchased piece of ornamental leafy Christmas décor and loop the ends.



Attach the Wings:

21.) Put nail head wires through three pearls. Place the wings on the back of the angel. Position one pearl at the top of the wings, and push the nail into the Styrofoam. Place another pearl at the middle and one at the bottom to secure the wings in place.

Apple Cinnamon Raisin Oatmeal

By: Krissy for [Dainty Chef](#)

Nothing says “Wake up!” like the smell of homemade oatmeal. This delicious and nutritious recipe will get the entire family to the table in no time. It’s quick, easy, and a breakfast meal everyone will love.



Ingredients:

- 1 cup old fashioned oats
- 1/2 tsp baking powder
- 1 ½ tsp ground cinnamon
- Pinch of salt
- 1/4 cup maple syrup, plus more for serving
- 1 cup milk
- 1 large egg
- 2 tablespoons unsalted butter, melted and cooled slightly
- 1 teaspoon vanilla extract
- 1 apple (any kind), peeled, cored, and diced into 1/2-inch pieces
- 1/2 cup raisins

What you’ll do:

- 1.) Preheat oven to 375 degrees.
- 2.) Grease or spray a 2-quart casserole dish with either butter or cooking spray.
- 3.) In a medium bowl, toss together the oats, baking powder, cinnamon, and salt.
- 4.) In a separate small bowl, whisk together the maple syrup, milk, egg, the melted butter, and the vanilla.
- 5.) Place the diced apples in a single layer in the bottom of the prepared casserole dish. Sprinkle about two-thirds of the raisins over the top of the apples, then cover the fruit with the oat mixture.
- 6.) Drizzle the milk mixture over the oats, making sure to distribute the milk as evenly as possible. Sprinkle the remaining raisins over the top of the oats.
- 7.) Bake the oatmeal for 35-45 minutes, until the top is golden brown and the oats have set (mine took 35 mins).
- 8.) Remove the oatmeal from the oven and serve hot with more maple syrup.



Amish Breakfast Casserole with Potatoes and Sausage

By: Ashley for [Center Cut Cook](#)

Prepare for an afternoon of crafting with a hearty breakfast. You can use this recipe with your own combination of protein to really fill up your family. This is a great way to experiment with different, but always delicious flavors.



Prep: 15 mn

Cook: 35 mn

Total: 1 hr 10 mn

Ingredients:

- 1/2 pound bacon
- 1/2 pound breakfast sausage
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 teaspoon hot sauce
- 2 large baked potatoes, cooled and shredded (about 4 cups) or 4 cups frozen shredded hash browns that have been completely thawed
- 1 small onion, finely diced
- 8 ounces sharp cheddar cheese, shredded – divided
- 8 ounces swiss cheese, shredded – divided
- 6 eggs, slightly beaten
- 1 1/2 cups cottage cheese

Directions:

1.) Begin by cooking the bacon and sausage. I like to cook my bacon in the oven. Just line a large rimmed baking sheet with foil, place the bacon on the tray making sure the pieces don't touch. Put the tray of bacon in a COLD oven on a middle shelf. Turn the oven on to 400 degrees and let the bacon cook for about 18-22 minutes, or until the bacon is nice and crisp.

2.) While the bacon is cooking, sauté the sausage until it is cooked through. Remove from the skillet and set the sausage aside on a paper towel lined plate. Sauté the diced onion in the same skillet. You could also sauté any other veggies you want to include at this time (red or green bell peppers, zucchini, mushrooms, etc.).

3.) When the bacon is cooked, carefully remove the pan from the oven, and transfer the bacon to a plate lined with paper towels. When the bacon has had a few minutes to drain, cut the bacon and sausage into small bite sized pieces.

4.) In a large bowl combine shredded potatoes with the salt, black pepper, garlic powder, and hot sauce. Stir in cottage cheese, and all but 1/4-1/2 cup each of the cheddar and swiss cheese (You'll use this for the top).

5.) Stir in bacon and sausage, but be sure to reserve 1/4 cup of each for the top.

6.) Next, stir in any sautéed veggies.

7.) Stir in 6 eggs that have been slightly beaten.

8.) Grease a 9 x 13 inch pan, or two smaller pans if you want one casserole to eat now, and one to freeze later. Spread the mixture in the pan(s). Top with reserved cheese, bacon, and sausage.

9.) At this point, if you are making this ahead, cover the casserole with foil and place in the refrigerator. About 30 minutes before you will

bake it, remove it from the fridge so that it can start to come to room temperature.

10.) If you plan to make it and bake it at the same time, preheat the oven to 350 degrees.

11.) Bake the casserole for 35-40 minutes, or until all of the cheese is melted and bubbling, and the casserole has set-up in the middle. You can either remove the casserole from the oven at this time, or turn on your broiler and broil the casserole for a few minutes to brown the cheese.

12.) Allow the casserole to cool for a few minutes, then cut into pieces and serve.



Crazy Flat Frittata with Sun Dried Tomato, Roasted Peppers and Kale

By: Kristi for [Mother Rimmy's Cooking Light Done Right](#)

Really bring a kick of flavor to your family's next meal. This casserole brings together ingredients that are both tasty and nutritious. Whoever thought such mouthwatering recipes could contain healthy ingredients too?



Serves 4

Ingredients:

- 1 tablespoon olive oil
- ½ cup onion, finely chopped
- 1 clove garlic, finely minced
- 2 cups kale, chopped
- 4 tablespoons sun dried tomato, minced
- ½ cup roasted red peppers, chopped
- 4 large egg
- 4 large egg white
- 4 tablespoons oregano, fresh finely chopped
- ¼ cup low fat mozzarella cheese, shredded
- ¼ cup parmesan cheese, shredded
- One pinch salt
- One pinch pepper

Directions:

- 1.) Preheat broiler to high with grate set towards the top of the oven.
- 2.) Preheat medium nonstick skillet over medium heat and add olive oil.
- 3.) Add onion and cook 4 -5 minutes until very soft. Add garlic, kale, sun dried tomato and bell peppers. Cook another 4 – 5 minutes until kale is softened.
- 4.) Whip eggs, then add eggs and oregano to the skillet. Spread egg mixture evenly with kale mixture. Cook 4 – 5 minutes until just barely set, shaking pan frequently to distribute heat and cook eggs evenly.
- 5.) Sprinkle cheeses over the top of the frittata and place it under the broiler to melt the cheese and brown it lightly.

What's good for me in this dish?

Eggs also contain choline, known to reduce inflammation in the body. According to George Mateljan, author of World's Healthiest Foods, inflammation contributes to heart disease, osteoporosis, type-2 diabetes and Alzheimer's. Free range, or cage free eggs are considered to be higher in quality nutrients such as all nine essential amino acids, and are less likely to contribute to high cholesterol levels.

Kale is very high in vitamins K, A, C, manganese and fiber. Vitamin A promotes vision and lung health. Vitamin C reduces the severity of inflammatory conditions such as asthma, osteoarthritis, and rheumatoid arthritis. Kale's sulfur-containing phytonutrients can help prevent some cancers.

Amount Per Serving

Calories: 269, Old Weight Watchers Points 6,

Weight Watchers PointsPlus 7

Total Fat: 11.31g

Cholesterol: 193mg

Sodium: 10038mg

Total Carbs: 27.44g

Dietary Fiber: 9.50g

Sugars: 2.65g

Protein: 18.63g

Nutrition details obtained from whfoods.org, nutritiondata.com, about.com, and aboutthomecooking.com. The statements made here are strictly my opinion and are not meant to replace medical advice from your physician. Please see [disclaimer](#) for further details. Nutrition information is compiled with MacGourmet. If you find discrepancies, please let me know. It's important to me that I provide you with accurate information.



Herbed Breakfast Stuffed Casserole

By: Amanda Formaro for [Amanda's Cookin'](http://www.AmandasCookin.com)

Get inspired for the holidays with a recipe that uses one of everyone's favorite mixes; stuffing. You're guaranteed to want to make this again after you taste it. This recipe serves several people, and they'll definitely all be coming back for seconds.



Prep: 20 mins
Cook: 50 mins
Total: 1 hour 10 mins

Ingredients:



- 7 breakfast sausage links, cooked and sliced
- 6 slices bacon, cooked and crumbled
- 1 15-oz can corned beef hash
- 1 medium shallot, diced
- 1 teaspoon olive oil
- 6 eggs
- 2 cups milk
- Freshly ground pepper to taste
- 1 cup shredded Gouda cheese
- 2 cups Pepperidge Farm® Herb Seasoned Stuffing

Instructions:

- 1.) Spray a 13×9 baking pan with nonstick cooking spray and preheat the oven to 350 F.
- 2.) After cooking the bacon, drain the grease but don't clean the skillet. Empty the can of corned beef hash into the skillet and cook for a few minutes to warm it up and brown it lightly. Empty the warmed corn beef hash into the 13×9 pan and spread it evenly.
- 3.) In that same skillet, add a teaspoon of olive oil and sauté the diced shallots over medium heat, just until softened and lightly browned.



- 4.) Whisk together the eggs and the milk and season with freshly ground pepper.
- 5.) Reserve ½ cup of the stuffing. To the remaining 1½ cups, add crumbled bacon, sliced sausage links, and the shallots. Stir to combine the spread over the top of the corned beef hash in the baking pan.
- 6.) Sprinkle the shredded gouda cheese over the top then pour the egg mixture over everything. Use a spoon to gently press down any ingredients poking up out of the egg. Sprinkle the reserved stuffing over the top and bake for 45-50 minutes.





Variations:

1) You can mix and match the meat in this recipe to suit your tastes. Perhaps you prefer ham, Polish [sausage](#), or chorizo. Just measure 1 1/2 cups total for the meat.

2) Cheese – I love Gouda so that's my choice, but really any type of cheese will work!

3) Not everyone is a fan of corned beef hash, which I line the bottom of my casserole with. A nice alternative would be frozen O'Brien Potatoes. I would measure a scant 2 cups and thaw them first, Then fry them in a skillet to warm them up before adding them to the baking pan.

4) If you prefer egg substitute, such as [Egg](#) Beaters, go for it. Since you're scrambling the eggs anyway, egg beaters are a great alternative.

5) If you don't have shallots, use a mild or sweet onion, such as Vidalia. You don't need much, 2-3 tablespoons will do it. if you like, you can add in some diced bell peppers as well. Mushrooms would be delicious too!

Simple Slow Cooker Strawberry French Toast Casserole

By: Karen for [365 Days of Slow Cooking](#)

If you're looking to add some sweetness to your morning meal, this is the perfect recipe for you. It's a creative take on French toast that the whole family can try together. It's a fun alternative to regular breakfast food.



Ingredients:

- 10 slices of bread, cubed and toasted (*put mine in the oven to toast*)
- 1 cup evaporated milk
- 1/2 cup flour
- 1 tsp vanilla
- 6 eggs
- 1/2 cup strawberry jam (*I used [this recipe](#)*)
- Powdered sugar and cinnamon

Directions:

- 1.) Line your slow cooker with a foil collar (see instructions below). Then spray inside of slow cooker with nonstick cooking spray.
- 2.) Place toasted bread cubes in the slow cooker.

3.) Place toasted bread cubes in the slow cooker.

4.) Cover and cook on LOW for 3 hours.

5.) Sprinkle with cinnamon and sugar and serve.

How to make a foil collar:

- Layer and fold sheets of heavy duty foil until you have a six layered foil rectangle. Press the collar into the back side of the slow cooker insert; the food will help hold the collar in place during cooking.

A Very Homemade Christmas: 13 Craft Ideas and Breakfast Casserole Recipes for the Family



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