



Hash Brown Casserole

Serves 6

1 package frozen hash brown potatoes: loose, not cakes

1/2 green pepper, chopped

1/4 cup chopped onion

1-2 Tablespoons dried parsley

1/4 teaspoon black pepper

1/2 teaspoon salt

1 cup shredded cheddar cheese

5 Tablespoons flour

3/4 cup milk

1 beaten egg

1 Tablespoon oil or melted butter

Mix first eight ingredients first. Mix the milk, egg, and oil separately, then stir into potato mixture until potatoes are evenly coated. Bake in a covered baking dish at 350° for one hour. Spray baking dish first with cooking oil spray.