Crockpot Brunch Casserole

32 oz. bag frozen hash brown potatoes
1 lb. cooked ham, cubed
1 onion, chopped
1 green bell pepper, chopped or 2 small cans mild green chilies
1 Tbsp. olive oil
1-1/2 cups shredded Cheddar, Swiss or Monterey Jack cheese
12 eggs
1 cup whole milk
1/2 tsp. salt
1/2 tsp. pepper or Slap Ya Mama Seasoning

Spray inside of slow cooker with nonstick cooking spray. In small skillet, cook onion and green pepper in olive oil until crisp tender. Let cool about 10 minutes. Place one third of the frozen hash brown potatoes in the slow cooker. Add one third of the ham, onion, green pepper and cheese. Repeat layers, ending with the cheese. In a large bowl, beat the eggs, milk and seasonings until well mixed. Pour over the ingredients in the slow cooker, cover and turn on low. Cook for 10-12 hours, until casserole is set and eggs are thoroughly cooked. Serves 12

Greek Chicken Crockpot Pita Filling

1 onion, chopped
1 lb. boneless, skinless chicken thighs
1 tsp. lemon pepper or Cavender Greek Seasoning
1/2 tsp. dried oregano leaves
1/2 cup plain yogurt
Pita Bread

Combine all ingredients except yogurt in 4-6 quart slow cooker and mix well. Cover crockpot and cook on low setting for 6-8 hours. Just before serving, remove chicken from slow cooker and shred with two forks.

Stir shredded chicken back into crockpot and stir in yogurt. Make sandwiches with chicken filling and pita breads. 4 sandwiches

Crockpot Chicken and Shrimp

1 lb. boneless, skinless chicken thighs
2 onions, chopped
3 cloves garlic, minced
14 oz. can diced tomatoes with seasonings, undrained
2 Tbsp. tomato paste
1/2 cup chicken broth
2 Tbsp. lemon juice
1/2 tsp. crushed red pepper flakes
8 oz. pkg. frozen cooked shrimp, thawed and drained
9 oz. pkg. frozen artichoke hearts, thawed and chopped
2 cups hot cooked pasta
1/2 cup feta or Parmesan cheese

Cut chicken into large chunks. Place onion and garlic in bottom of 3-4 quart slow cooker and top with chicken. Combine the diced tomatoes with their liquid, the tomato paste, chicken broth, lemon juice and red pepper in a medium bowl and mix well. Pour over chicken. Cover crockpot and cook on low for 6-8 hours until chicken is tender and thoroughly cooked. Stir in thawed and drained shrimp and thawed, drained and chopped artichoke hearts. Cover and cook for 5-10 minutes longer until thoroughly heated. Serve over hot cooked pasta or couscous and sprinkle with cheese. 4 servings

Courtesy of Dr. Catherine A. Hebert (985) 626-0111