Pineapple Breakfast Casserole

**Ingredients**

1 1/2 cup Bisquick  
1 1/2 cup Milk  
6 eggs, slightly beaten  
12 Tbs butter  
9 tsp Dijon mustard  
1 1/2 pinch nutmeg  
3 c grated cheddar cheese  
6 chopped green onions  
3 8-oz cans crushed pineapple, drained

**Directions**

1. Grease 8 oval baking dishes (ramekins) - or spray with butter Pam.

2. In bowl, combine Bisquick, milk, eggs, butter, mustard, and nutmeg until smooth. Stir in cheese, onions and pineapple.

3. May add 6 ounces of chopped ham or canadian bacon, if desired.

4. Bake at 350° for 30 min., or until set.

*This recipe was adapted from the American Country Inn and Bed & Breakfast Cookbook.*