



Breakfast for Dinner Casserole

Serves 4

½ cup	Onions, minced
6 piece	Whole wheat bread, cubed
1 cup	Lean ham, cut into ½ inch cubes
1 cup	Cheddar cheese, reduced fat type 2%, shredded
3 large	Fresh eggs
2 large	Fresh egg whites
2 Tbs	Mustard, prepared
¼ tsp	Black pepper
2 cups	Milk, 1% low fat



Preheat oven to 325°. Microwave onions in 2 Tbsp water at high power for 2 minutes, stirring twice. Drain water and save onion. Lightly spray a 10 x 6 inch oven-proof dish with oil spray. Place bread cubes evenly in the pan, then top with onion, ham and cheese. In a medium mixing bowl combine all remaining ingredients. Mix well. Pour slowly over bread mixture in the pan. Bake uncovered for 1 hour. Let stand 10 minutes and then cut and serve.

Recipe Nutrition per serving

327 calories; 31 gm protein; 26 gm carbohydrate; 11 gm total fat; 4 gm saturated fat; 0 trans fat; 188 cholesterol; 3 gm fiber; 1032 mg sodium