



Spinach and Cheese Breakfast Casserole
Makes 6 servings

Custard:

4 large egg whites
4 large eggs
1 cup fat free milk
2 Tbsp. Dijon mustard
¼ tsp. freshly ground pepper
1 tsp. minced fresh rosemary (1/2 tsp. dried)

Bread & filling:

4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes
½ cup chopped jarred roasted red peppers, drained (or ½ cup fresh red pepper)
5 cups fresh spinach, chopped and wilted (rinse thoroughly, place in microwave-safe bowl. Cover with plastic wrap, punch several holes in wrap. Microwave on high 2-3 minutes, till wilted. Squeeze out excess moisture)
Optional: 5 oz ham steak, diced

Topping:

¾ cup shredded Gruyere cheese (or ¾ cup shredded reduced fat Swiss Cheese)

- Preheat oven to 375° F. Spray an 11-by-7-inch baking dish or a 2-quart casserole with cooking spray.
- Prepare custard: Whisk together egg whites, eggs and milk in a medium bowl. Add mustard, pepper and rosemary; whisk to combine.
- Toss bread, spinach and red peppers and ham if using in a large bowl. Add the custard and mix well. Put mixture in baking dish and push down to compact. Cover with foil..
- Put in oven. Bake 40-45 minutes until the custard has set. Remove foil, sprinkle with cheese and bake until puffed and golden on top, 15 to 20 minutes more. Cool for 15 to 20 minutes before serving.

Make Ahead

Prepare steps 1 – 3 and refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in Step 4.

Nutritional Information (without the ham):

Total Calories: 216	Total Fat: 9g
Saturated fat: 4g	Carbohydrates: 19g
Fiber: 4g	Protein: 16g