



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.
- 1 pound frozen spinach, thawed and squeezed dry (or 5 cups chopped fresh spinach, wilted)
- ½ cup chopped jarred roasted red peppers, drained (or ½ cup fresh red pepper)

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 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.

To wilt spinach, rinse thoroughly. Transfer to a microwave-safe bowl. Cover with plastic wrap and punch several holes in the wrap. Microwave on high until wilted, 2 to 3 minutes. Squeeze out any excess moisture before adding to the recipe.

Nutritional Information:

Total Calories: 216	Total Fat: 9g
Saturated fat: 3.7g	Carbohydrates: 18.6g
Fiber: 4g	Protein: 16g