

FREEZABLE BREAKFAST CASSEROLE

Serves 8

INGREDIENTS

- 1 Tablespoon olive oil
- 1 white onion, diced
- 1 red pepper, diced
- 4 slices whole wheat bread, cubed
- 1 cup fat-free milk
- 10 eggs
- 3 cups spinach, fresh
- 2 teaspoons Dijon mustard
- 1/2 teaspoon black pepper
- 1/2 cup part-skim mozzarella cheese



DIRECTIONS

1. Preheat oven to 350^oF.
2. Sauté onion and peppers in olive oil.
3. Add spinach until wilted.
4. In a separate bowl, beat eggs. Add mustard, pepper, and veggie mixture.
5. In a greased 9x13 casserole dish, line bottom with bread.
6. Pour egg mixture over bread and top with cheese. Let sit or 1-2 hours or overnight in the fridge.
7. Bake for 40-45 minutes. Allow to cool completely before freezing.

NUTRITION INFORMATION PER SERVING (1/8 of recipe)

Calories: 275, Total Fat: 3g, Saturated Fat: 1g, Carbohydrates: 52g,
Protein: 10g, Fiber: 7g, Sodium: 56 mg, Total Sugar: 21g, Added Sugar: 6g

SOURCE:

Adapted from Michelle Dudash, RDN
