

Brunch Casserole



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What You Need

This is a much lighter breakfast than a traditional quiche. Prepare this recipe the night before for a delicious weekend brunch. Reheat leftovers for your lunch.

Makes 6 Servings

3 cups sourdough bread cubes
1/2 chopped red pepper
4 oz (1/2 cup) light cheddar cheese
4 oz (1/2 cup) skim milk mozzarella cheese
1 cup 1% cottage cheese

6 eggs
1 cup skim milk
3 chopped green onions
1/2 cup chopped lean ham

Per Serving

Calories 288
Carbohydrates 12 g
Protein 27 g
Fat 14 g
Dietary Fiber 1 g

How You Prepare

Spray 11x9 baking dish with nonstick spray. Place bread cubes in pan. Arrange peppers, onions and ham over bread cubes then sprinkle shredded cheese on top. In the blender, blend cottage cheese, eggs, and milk. Pour over ingredients in pan. Sprinkle with pepper and cover for 4 to 12 hours. Bake at 375 degrees F for 40 minutes.