

Ham & Cheese Breakfast Casserole

WebMD Recipe from EatingWell.com

This healthy update of a traditionally rich ham-and-cheese breakfast strata is made lighter primarily by losing a few egg yolks and using nonfat milk. Gruyère cheese has a delicious, nutty aroma and flavor, which means that with the relatively small amount in this recipe you still get a big impact. To finish the makeover use nutritious, fiber-rich, whole-grain bread instead of white. The results: plenty of flavor, half the calories and one-third the fat of the original.

Servings: 6

Yield: 6 servings

Total Time: 1 3/4 hours

Prep Time: 30 minutes



Photo by Ken Burris

To Make Ahead: Prepare casserole through Step 2; refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in Step 3.



Recipe Ingredients:

1. 4 large eggs
2. 4 large egg whites
3. 1 cup nonfat milk
4. 2 tablespoons Dijon mustard
5. 1 teaspoon minced fresh rosemary
6. 1/4 teaspoon freshly ground pepper
7. 5 cups chopped spinach, wilted (see Tip)
8. 4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about 1/2 pound, 4-6 slices)
9. 1 cup diced ham steak (5 ounces)
10. 1/2 cup chopped jarred roasted red peppers
11. 3/4 cup shredded Gruyère or Swiss cheese

Recipe Steps:

1. Preheat oven to 375°F. Coat a 7-by-11-inch glass baking dish or a 2-quart casserole with cooking spray.
2. Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.

3. Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with cheese and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

Recipe Tips & Notes:

1. Tip: To wilt spinach, rinse thoroughly with cool water. Transfer to a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on High until wilted, 2 to 3 minutes. Squeeze out excess moisture before adding the spinach to the recipe.

Recipe Nutrition:

Per serving: 286 calories; 10 g fat (4 g saturated fat, 3 g mono unsaturated fat); 167 mg cholesterol; 23 g carbohydrates; 23 g protein; 4 g fiber; 813 mg sodium; 509 mg potassium

Nutrition Bonus: Vitamin A (70% daily value), Folate (37% dv), Calcium (30% dv), Vitamin C (20% dv).