Dinner Tonight!

Breakfast Casserole

8 slices bread with crust cut off
4 oz. Canadian bacon or meat of your choice
5 eggs or equivalent amount of egg substitute
2 cups fat free half and half
1 1/2 cups reduced fat cheese of your choice (cheddar, swiss, etc.)
Season according to your family preference

Preheat oven to 350 degrees.

Spray casserole dish (9x13) with cooking spray. After crust is cut off bread, tear into bite size pieces and place in bottom of casserole dish. Beat eggs and then add all other ingredients (reserving 1/2 cup cheese to top of casserole) mixing well. Season according to your family’s preference. Pour on top of bread mixture and top with remaining cheese.

Optional seasonings: salt, pepper, jalapeno peppers, crushed red pepper, etc.

Preparation Time: 15 minutes
Cook Time: 30-35 minutes
Serves: 12

Nutrition facts per serving:
Calories: 171
Total Fat: 5 g
Cholesterol: 15 mg
Sodium: 372 mg
Total Carbohydrate: 18 g
Protein: 13 g

Serve with: Fruit or Strawberry Soup (recipe on next page)
Strawberry Soup

1 pound fresh strawberries
1 1/4 cup reduced fat vanilla yogurt
3 tablespoons confectioners’ sugar
2 tablespoons orange juice concentrate
1/8 teaspoon almond extract

Wash strawberries and remove stem top. In a blender, add all ingredients; cover and process until smooth. Garnish as desired.

Preparation Time: 15 minutes
Serves: 3 (1 cup) servings

Nutrition facts per serving:
Total Fat: 2 g
Cholesterol: 5 mg
Sodium: 69 mg
Total Carbohydrate: 35 g
Protein: 6 g