

Pepper and Egg Brunch Bake

A delicious make-ahead dish. Vary your veggies-try broccoli, zucchini or mushrooms instead of peppers.

Servings:12

INGREDIENTS

6 eggs, beaten
3 cups low-fat milk
1 cup shredded Cheddar, Colby or Monterey Jack cheese
1 teaspoon ground mustard
1/2 teaspoon ground black pepper
1/4 teaspoon salt
12 oz. turkey breakfast sausage or turkey Italian sausage (casing removed)
2 teaspoons vegetable oil
1 cup chopped onion (about 1 small onion)
1 cup chopped green pepper (about 1 pepper)
1 cup chopped red pepper (about 1 pepper)
12 slices stale whole wheat bread- any kind, cubed
1/2 cup chopped fresh basil

PREPARATION

In a large bowl, whisk together eggs, milk, mustard, pepper and salt. Set aside. Cook sausage in a fry pan until cooked through. If using breakfast sausage, cut into small pieces and set aside. In the same fry pan, add vegetable oil and heat over medium high heat. Add chopped onion, and peppers and saute until crisp tender, about 5 minutes. Season with salt and pepper to taste. Spray a 9x13 pan with pan spray. Layer bread cubes in a single layer. Layer peppers and onions on top of the bread cubes and then the sausage and cheese. Pour egg/milk mixture over bread and veggie mixture and press down with the back of a spoon to submerge the bread. Cover pan and refrigerate overnight. The next day: Preheat oven to 350 degrees F. Sprinkle casserole with basil and bake uncovered for 45 minutes to one hour or until eggs are set.

NUTRITION FACTS per serving

Calories: 193	Dietary Fiber: 2 gm
Total Fat: 10gm	Protein: 12 gm
Saturated Fat: 5gm	Sodium: 442gm
Cholesterol: 132mg	Carbohydrates: 13 gm