VEGETARIAN BREAKFAST CASSEROLE

This recipe is a perfect way to start your day! Eggs are a complete protein to add to your breakfast without the excess saturated fat found in meat. Make this casserole your own by adding the vegetables you love.

Yield: 8 servings
Serving Size: 2.5 in x 4.5 in piece

Ingredients
2 tablespoons olive oil
1 cup red onion, chopped
2 cups broccoli, chopped
3 cups mushrooms, sliced or chopped
1/2 cup cherry tomatoes
2 cups fresh spinach
6 eggs
6 slices whole wheat bread, cut into 1 in cubes
½ cup nonfat milk
½ teaspoon garlic powder
½ teaspoon mustard powder (optional)
Salt and pepper to taste
1 cup low-fat mozzarella cheese, shredded
Cooking spray
Parsley (optional)

Directions

1. **Preheat oven to 325 deg F:** spray a 9x9 casserole dish with a good coating of cooking spray, fill with cubed bread, and set aside.

2. **In a medium skillet, heat olive oil over medium heat:** add onions and cook until soft. Add remaining vegetables (broccoli through spinach) and sauté until tender. Add cooked vegetable mixture to the baking dish with cubed bread. Set aside.

3. **In a medium bowl, whisk together eggs, milk, garlic powder, salt, and pepper.**

4. **Pour the egg mixture over the vegetable mixture. Sprinkle with cheese.**

5. **Cover with foil and bake for 40 minutes:** remove foil and cook an additional 10 minutes, or until the casserole is cooked through and lightly browned. Let casserole cool for 5-10 minutes before serving. Sprinkle with parsley, if using.

Nutrition Facts

8 servings per container

Serving size 2.5 x 4.5 in piece (155g)

Amount Per Serving

Calories 150

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 170mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 1mcg	6%
Calcium 170mg	15%
Iron 1.3mg	8%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.