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Ham and Cheese Breakfast Casserole

Prep Time: 30 mins
Cook Time: 1 h 5 mins
Rest Time: 20 mins
Total Time: 1 h 55 mins

Ingredients

4 large egg(s)
4 large egg white(s)
1 cup(s) milk, fat-free
2 tablespoon mustard, Dijon
1 teaspoon rosemary, fresh
1/4 teaspoon pepper, black ground
5 cup(s) spinach
5 slice(s) bread, 100% whole-grain
5 ounce(s) ham steak
1/2 cup(s) pepper(s), red sweet, roasted
3/4 cup(s) cheese, Gruyere, shredded

Preparation

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.

Quick Info:

6 Servings
🌾 Contains Wheat/Gluten
🥛 Contains Dairy
🥚 Contains Egg
🥩 Contains Red Meat
🫃 GERD-Friendly

Nutritional Info (Per serving):

Calories: 286, Saturated Fat: 4g, Sodium: 813mg, Dietary Fiber: 4g, Total Fat: 10g, Carbs: 23g, Cholesterol: 167mg, Protein: 23g

Carb Choices: 1.5

Recipe Source:

EatingWell.com

*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