

Whole Wheat Breakfast Casserole

6 eggs

1 cup low-fat or fat-free milk

¼ teaspoon salt

¼ teaspoon black pepper

8 slices whole wheat bread, torn into pieces

2 cups chopped, frozen or leftover cooked vegetables (such as asparagus, peppers, onions, mushrooms, spinach, etc.)

1 ½ cups lean ham, chopped (about 6 ounces)

1 cup reduced fat shredded cheese

Preheat oven to 375 degrees. Spray a 9x13-inch baking dish with non-stick cooking spray. In a mixing bowl, whisk eggs, milk, salt, and pepper together.

Mix bread, vegetables, ham, and cheese in baking dish. Pour egg mixture over. Allow to soak for 15-20 minutes.

Bake in oven for 40-50 minutes, or until fully cooked. Allow to cool 10 minutes before serving. Cut into 12 equal servings.

Nutrition Information per Serving: 139 calories, 5g fat, 12g protein, 10g carbohydrate, 2g fiber,

430 mg sodium