



Healthy Breakfast Casserole

Makes 8 servings

Ingredients:

- 1/2 cup diced red bell pepper
- 1/2 cup chopped onion
- 4 large eggs or egg substitute
- 1 cup skim milk
- 3/4 cup (3 oz) shredded Cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon pepper
- Non-stick cooking spray
- 4 slices whole wheat bread, cut into 1-inch pieces
- 6 tablespoons reduced-fat bacon bits

Directions: Remember to wash your hands.

1. Sauté diced bell pepper and chopped onion in a nonstick skillet over medium heat 4 minutes or until tender.
2. Whisk together bell pepper mixture, eggs, milk, cheddar and parmesan cheese, and pepper in a large bowl.
3. Coat 2-quart baking dish with cooking spray. Layer bread pieces evenly in dish; pour egg mixture over bread, and sprinkle with bacon bits.
4. Bake at 350 degrees F for 30 to 45 minutes or until a knife inserted in center comes out clean. Serve immediately.

Source: Southern Living

Nutrition Facts	
Serving Size 1 cup (115g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 610mg	26%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 15g	
Vitamin A 10%	Vitamin C 20%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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