

Kaitlin's Egg Casserole

Ingredients

4 whole eggs

1.5 cups Egg Beaters or 6-7 egg whites

1 cup low-fat cheddar cheese, shredded

1 cup non-fat cottage cheese

2 cups skim milk

2 shallots or 1/4th of a large onion, chopped

2 cloves garlic, pressed

5-6 slices of whole wheat bread (great way to use stale bread)

Herbs to taste (I used a teaspoon of an Italian herb blend and a tablespoon of fresh thyme)

Salt and pepper

A mix of whatever other veggies you have on hand. I used about 1.5-2 cups of kale that I had blanched and frozen over the summer. Frozen spinach would also be great (thaw slightly, squeeze out as much water as possible and chop). Broccoli (either cooked or raw), corn (cooked or frozen), mushrooms (have a lot of water, so best to sauté first). Zucchini would also be great.

Preheat oven to 350°F. Beat the eggs in a large bowl. Mix in the milk and cheese. Add the bread and carefully stir until all pieces of bread are moistened (don't over mix or the bread may disintegrate). Add veggies. Add salt and pepper to taste. Grease a 13 x 9 inch casserole dish (I accidentally skipped this step and it didn't seem to matter--so all the better). Pour mix into casserole dish and pat down with the back of a spoon or a spatula. Bake in oven for 50-70 minutes, until the top is browned and no longer liquidy-looking and the center springs back when touched. Remove from oven and let cool 10 minutes before serving.

Serves 6-8 (I calculated the calories based on 6 servings and got approx. 271 calories, 6g total fat, 2.1g saturated fat, 27.1g carbohydrate, 26.7g protein. An excellent balanced breakfast.)