

APPLE, BACON & EGG CASSEROLE

INGREDIENTS

- Vegetable oil cooking spray
- 2 cups liquid egg substitute
- 2 cups nonfat milk
- 2 teaspoons dried sage
- 1 teaspoon black pepper
- ½ teaspoon salt
- 8 slices whole-grain bread, cubed
- ½ pound apple-cured bacon, chopped
- 3 small tart apples, such as Granny Smith
- 3 small red apples, such as McIntosh

DIRECTIONS

1. Preheat oven to 350°F. Spray a 13x9-inch pan with the cooking spray. Arrange the bread in a pan.
2. Whisk the egg substitute, milk, sage, pepper and salt in a bowl; pour over the bread. Mix and push the mixture down with a rubber spatula. Set aside.
3. Cook the bacon thoroughly, but do not crisp. Drain on paper towels; set aside.
4. Wash, core and chop (but do not peel) the apples. Add the apples to the bread mixture; stir well and push down with a rubber spatula. Sprinkle evenly with the bacon.
5. Bake for 50 to 60 minutes.



Recipe courtesy of Academy of Nutrition & Dietetics

Serves: 12

Nutrition Information: Calories: 200; Total fat: 7g; Saturated fat: 2.5g; Cholesterol: 15mg; Sodium: 570mg; Carbohydrates: 22g; Fiber: 4g; Protein: 13g.