

Ham and Swiss Breakfast Casserole

Serves: 6

Ingredients:

6 ounces ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)
6 ounces Swiss cheese, shredded
3 slices enriched white bread
3 slices whole wheat bread
1 cup skim milk
2 eggs, large
1 tablespoon yellow mustard
½ teaspoon “beau monde” seasoning (or alternate)
½ teaspoon Worcestershire sauce
1-2 dashes onion powder

Directions:

Lightly spray an 8” xX 8” baking pan with non-stick spray. Lay 3 slices of bread in the bottom. Layer ½ the ham and ½ the cheese. Repeat layer of bread, ham and cheese.

Beat together remaining ingredients and pour over the casserole. Cover and refrigerate overnight. Bake, uncovered, for 1 hour at 325 degrees F; serve hot.


Nutrition Facts:

Calories: 250.83
Total Fat: 11.38 g
Saturated Fat: 5.78 g
Sodium: 588.84 mg
Potassium: 98.18 mg
Calcium: 371 mg
Vitamin D: 1.23 mcg, 49.14 (IU)
Dietary Fiber: 2.26 g

Amount of Each Food Group Per Serving:

Fats: 1.5
Milk, Yogurt, Cheese: .875
Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 1
Fruits, Vegetables: 0
Bread, Cereal, Rice, Pasta: 1

Serve with 1 fruit serving and 1 vegetable serving.



The “Grain Chain,” a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg’s.