

Ham & Egg Casserole

Ingredients:

Canola cooking spray

A 9-inch whole-wheat pie shell, thawed (like Wholly Wholesome brand from Whole Foods with 0 trans fat)

6 ounces Canadian-style bacon, cut into 1/2-inch by 1-inch strips

1 medium sweet onion, halved and thinly sliced

2 large eggs

1/2 cup egg substitute

1/2 cup fat-free half-and-half or whole or low-fat milk

1/8 teaspoon salt

1/8 teaspoon fresh ground pepper

1 cup grated Gruyere cheese, packed (4 ounces)

Preparation:

Preheat oven to 400 degrees. Gently lift thawed pie crust out of the foil plate it comes in and place in an 8 x 8-inch square baking dish. With your fingers, stretch and press the crust to fit nicely in the square baking dish and up the side about 1 inch. Prick bottom of dough with fork several times.

Heat a large nonstick skillet over medium-high heat. Coat with canola cooking spray and add Canadian bacon and onions. Cook, stirring occasionally, until both start to brown (about 5 minutes). Let the mixture cool about 5 minutes, then spread into the pie crust.

In mixing bowl, whisk eggs, egg substitute, fat-free half-and-half or milk, and salt and pepper until smooth. Pour egg mixture into pie shell with ham and onions. Sprinkle Gruyere over the top and bake until top is golden brown (about 40 minutes). Serve warm or cold.

Yield:

8 servings @ 5 points, 6 pointsplus

Nutritional Information:

Per serving: 228 calories, 14 g protein, 12 g carbohydrate, 14.5 g fat, 7.5 g saturated fat, 80 mg cholesterol, 3 g fiber, 480 mg sodium. Calories from fat: 57%