

Sarah's Healing Touch

Breakfast Casserole

Ingredients:

- 1 lb. french bread, cubed
- 2 slices turkey bacon
- 1 medium onion, diced
- 1 lb. mushrooms, sliced
- 1 red pepper, chopped
- 1 medium zucchini, diced
- 1 cup shredded cheddar cheese
- 1 cup grated Gruyere cheese
- 1/2 cup grated Parmesan cheese
- 4 oz. goat cheese, crumbled
- 1-1/2 cups egg substitute, such as Egg Beaters or 6 eggs
- 3-1/2 cups nonfat milk
- 1/2 cup low-fat silken tofu
- 1/4 cup butter, melted
- 1 cup crushed corn flakes

Directions:

Spray a 9 x 13 dish with nonstick spray. Place half the bread cubes on the bottom of the dish. Heat a large skillet over medium high heat. Cook bacon. Drain on paper towels, crumble and set aside. Sauté onion, mushrooms, red pepper, and zucchini in bacon drippings until soft, approximately 5 minutes.

Spread vegetables evenly over bread cubes. Top with cheeses. Top with remaining bread cubes. In a blender, puree egg substitute, milk and tofu until well blended. Pour evenly over casserole. Top with crumbled bacon. Cover and refrigerate overnight.

Preheat oven to 375. Stir together melted butter and corn flakes until moistened. Sprinkle over casserole. Bake 30-40 minutes until bubbly and golden brown. Wait 15 minutes before serving.

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