

Vegetable Bread Pudding

Yield

12 servings

Ingredients

Cooking spray	2 Tablespoons minced fresh parsley
1 package (10 ounces) frozen chopped spinach, thawed	1 Tablespoon sugar
1 red or orange bell pepper, chopped	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ Tablespoons butter	$\frac{1}{4}$ teaspoon white pepper
2 cups finely chopped sweet onion	$\frac{1}{8}$ teaspoon cayenne pepper
2 cloves garlic, minced	8 sun-dried tomatoes (oil-packed), finely chopped
$\frac{1}{2}$ cup finely chopped celery	2 cups grated, reduced-fat Swiss cheese
2 cups sliced mushrooms	12 cups bread cubes (French bread or any crusty bread)
4 cups milk	$\frac{3}{4}$ cup freshly grated Parmesan cheese
8 large eggs	

Directions

1. Spray a 9- by 13-inch glass baking dish with cooking spray. Set aside.
2. Spread the thawed spinach in a colander. Press and blot with paper towels. Let drain.
3. Chop the bell pepper and set aside.
4. Melt the butter in a large nonstick skillet over medium heat. Add onion and garlic, and sauté until the onions are limp, about 6 to 8 minutes.
5. Add the celery and sauté until tender, about 6 minutes longer.
6. Add the mushrooms and sauté until their liquid evaporates, about 10 minutes longer, stirring occasionally. Remove from heat and let cool.
7. In a large bowl, whisk the milk and eggs until smooth. Whisk in parsley, sugar, salt, and white and cayenne pepper.
8. To the bowl, add the spinach, bell pepper, mushroom mixture, tomatoes, and Swiss cheese. Mix gently but thoroughly.
9. Place half of the bread cubes in the prepared baking dish. Pour the egg mixture over the cubes. Place the remaining cubes over the mixture, pressing gently to submerge. Cover with plastic wrap and refrigerate for at least 8 hours.
10. Preheat the oven to 350°F.
11. Place the dish on a baking sheet. Sprinkle the pudding with Parmesan cheese and bake until puffy and lightly browned, about 60 minutes. (The pudding will deflate as it cools.) Serve hot.

Nutrition Analysis

Per Serving: 290 calories, 10 g total fat, 4.5 g saturated fat, 0 g trans fat, 180 mg cholesterol, 530 mg sodium, 31 g total carbohydrate, 3 g dietary fiber, 8 g sugars, 19 g protein
Percent Daily Value: vitamin A 80%, vitamin C 40%, calcium 40%, iron 15%