

Breakfast Quiche

16 oz	Ham (96% fat free), diced
24 oz	Bread, white, commercially prepared
1-1/2 cups	ReddiEgg Real Egg Product
2 cups	Milk, low fat, 1%
1 tsp	Mustard, dried
2 cups	Cheese, low fat, cheddar or Colby, shredded
1/2 cup	Peppers, green, diced
1 cup	Onions, raw, diced
1 cup	Mushrooms, raw, sliced



Coat 8"x11" or 9"x13" pan with nonstick cooking spray. Place bread on bottom to cover. Place meat on bread. Mix Egg Product, milk and dry mustard. Pour over bread and meat. Add veggies. Top with cheese. Cover and refrigerate overnight. Cook for 45 minutes at 350 degrees. **Makes 12 servings.**

Calories = 270
Fat = 5.5 grams
Cholesterol = 25 milligrams