

Recipe of the Week

Mushroom, Tomato and Gruyere Breakfast Casserole

This hearty breakfast meal, full of fresh tomatoes and mushrooms, gets much of its terrific flavor and texture from the English muffins that line the bottom of the dish.

Serves 8

Ingredients

4 whole wheat English muffins, split
1 tablespoon olive oil
2 medium tomatoes, chopped
1 pound button or cremini mushrooms, trimmed and sliced
Salt and pepper to taste
8 eggs
1/2 cup low-fat milk
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
2 teaspoons dried basil
1 cup grated Gruyere



Method

Arrange English muffin halves in the bottom of a greased 9- x 13-inch baking dish, cutting them to fit, if necessary; set aside.

Heat oil in a large skillet over medium heat. Add tomatoes, mushrooms, salt and pepper and cook, stirring occasionally, until tender and liquid is thickened, 8 to 10 minutes. Spoon tomato mixture over the top of the English muffins, distributing it evenly; set aside to let cool.

In a large bowl, whisk together eggs, milk, garlic powder, onion powder, salt and pepper. Pour evenly over tomato mixture, then sprinkle with basil. Cover and chill overnight.

Set dish aside at room temperature for 1 hour and preheat oven to 350°F. Sprinkle casserole with cheese and bake, uncovered, until puffed, cooked through and cheese is golden brown, 45 to 50 minutes. Serve immediately.

Nutrition Per serving (about 7oz/200g-wt.): 240 calories (110 from fat), 12g total fat, 4.5g saturated fat, 225mg cholesterol, 430mg sodium, 19g total carbohydrate (3g dietary fiber, 6g sugar), 15g protein <http://www.wholefoodsmarket.com/recipes/2395>

