

Ham and Swiss Breakfast Casserole

Serves: 6

Ingredients:

6 ounces ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)
6 ounces Swiss cheese, shredded
3 slices enriched white bread
3 slices whole wheat bread
1 cup skim milk
2 eggs, large
1 tablespoon yellow mustard
½ teaspoon "beau monde" seasoning (or alternate)
½ teaspoon Worcestershire sauce
1-2 dashes onion powder

Directions:

Lightly spray an 8" xX 8" baking pan with non-stick spray. Lay 3 slices of bread in the bottom. Layer ½ the ham and ½ the cheese. Repeat layer of bread, ham and cheese.

Beat together remaining ingredients and pour over the casserole. Cover and refrigerate overnight. Bake, uncovered, for 1 hour at 325 degrees F; serve hot.

Nutrition Facts:

Calories: 250.83
Total Fat: 11.38 g
Saturated Fat: 5.78 g
Sodium: 588.84 mg
Potassium: 98.18 mg
Calcium: 371 mg
Vitamin D: 1.23 mcg, 49.14 (IU)
Dietary Fiber: 2.26 g

Amount of Each Food Group Per Serving:

Fats: 1.5
Milk, Yogurt, Cheese: .875
Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 1
Fruits, Vegetables: 0
Bread, Cereal, Rice, Pasta: 1

Serve with 1 fruit serving and 1 vegetable serving.



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

Strawberry Banana Parfait

Description:

Whether you are looking for a fruit-filled breakfast option or a better-for-you dessert – enjoy the flavors of layered seasonal fruit, crisp flakes and creamy yogurt in this delicious parfait.

Ingredients:

½ medium ripe banana, mashed
 ½ teaspoon vanilla

¾ cup plain non-fat yogurt

¾ cup sliced fresh strawberries

¾ cup complete bran and wheat flakes ready-to-eat cereal

Directions:

1. Stir banana and vanilla into yogurt
2. In one 10-12 ounce glass, alternately layer the yogurt mixture, strawberries and cereal. Serve immediately.

Makes 1 serving

Nutrition Facts

Nutrient	Value	%DV
Calories	190	
Saturated Fat	0	0%
Sodium	200 mg	8%
Potassium	448 mg	13%
Calcium	200 mg	20%
Vitamin D	95 IU	24%
Dietary fiber	7g (0.66 mcg)	28%

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