SAVORY BREAD PUDDING

SERVES 10

INGREDIENTS

3/4 cup chopped onion
1 tablespoon butter
2 cloves garlic
5 slices bread, cubed
1 1/4 cups milk
3 whole eggs
3/4 cup shredded cheese
1/4 cup chopped parsley

DIRECTIONS

1. In a microwave safe bowl, cook onions and butter in microwave on high for about 1 minute (or until soft and translucent).

2. Add chopped garlic and cook another 1 to 2 minutes.

3. Add cubed bread and cook another 1 to 2 minutes (caution: bowl will be hot).

4. In a separate bowl, mix together milk, eggs, cheese, parsley (and any other spices or sesame seeds, if desired).

5. Pour and mix the milk-egg-cheese mixture into the hot bowl and let stand about 5 minutes.

6. Cover loosely and cook in microwave for about 5 minutes on high. Continue cooking for intervals of 3 to 5 minutes (depending on your microwave) just until firm, but not dry.

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NUTRITION INFORMATION:

Calories: 159
Fat: 10.1 grams
Saturated Fat: 5.6 grams
Trans Fat: 0 grams
Cholesterol: 117 milligrams
Carbohydrates: 8.4 grams
Dietary Fiber: 0.5 grams
Protein: 8.8 grams
Sodium: 206 milligrams
Vitamin A: 12%
Calcium: 19%
Vitamin C: 8%
Iron: 6%

SNAP-ED

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