BROCCOLI-CHEDDAR BREAKFAST BAKE

2 tsp. olive oil
1 large onion, diced (about 2 C.)
1-8 oz. whole wheat baguette (about 18" long), cut into 1" cubes
8 large eggs
8 large egg whites (or about 12 whole eggs)
2 C. low-fat 1% milk
1-10 oz. pkg. frozen chopped broccoli, thawed
1 1/2 C. shredded extra sharp Cheddar cheese
3/4 tsp. ground nutmeg
1/2 tsp. salt
1/2 tsp. freshly ground black pepper

Heat the oil in a nonstick skillet over medium-high heat. Add the onions and cook, stirring, until translucent and beginning to brown, about 4 minutes. Set aside to cool. Spray a 9x13" baking dish with cooking spray. Arrange the bread cubes in the dish. In a large bowl, beat the eggs, egg whites, and milk until incorporated. Add the onions, broccoli, cheese, nutmeg, salt and pepper and stir to incorporate. Pour the egg mixture over the bread, spreading it around so the liquid saturates the bread. Cover with plastic wrap and refrigerate for at least 8 hours or overnight. Preheat oven to 350° F. Remove the plastic wrap and bake until the top forms a light brown crust, 50 to 60 minutes. Serve hot.

NUTRITION FACTS: Serving size: 4X3 inch piece, 8 servings