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Studio 5
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"Cheddar Mushroom Breakfast Squares"

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Ingredients:

2	teaspoons butter
2	cups sliced button mushrooms
1/2	cup sliced green onions (including tops)
6	slices country style bread
2	cups shredded reduced fat Cheddar cheese
2	cups 1% milk
2	cups egg substitute
1	teaspoon red pepper sauce
1/4	teaspoon salt

Method:
Preheat oven to 350 degrees. Spray 8x8-inch square pan with non-stick spray, set aside.

Melt butter in medium skillet, over medium heat. Add sliced mushrooms and cook 5 minutes or until softened and brown on edges. Stir in sliced green onions; set aside.

Nutrition Facts

Serving Size 1 square
Servings Per Container 9

Amount Per Serving	
Calories 230	Calories from Fat 90
	% Daily Value*
Total Fat 9g	**15%**
Saturated Fat 5g	**24%**
Cholesterol 20mg	**7%**
Sodium 450mg	**19%**
Total Carbohydrate 17g	**6%**
Dietary Fiber less than 1 gram	**4%**
Sugars 5g	
Protein 19g	

Vitamin A 30% • Vitamin C 4%
Calcium 35% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cut bread into cubes. Place 1/2 the cubes in bottom of prepared baking dish. Scatter 1/2 the mushroom and 1/2 the shredded cheese over bread cubes. Layer remaining bread and mushrooms on top; set aside.

In a large bowl, beat milk, egg substitute, pepper sauce and salt. Pour milk mixture over bread cubes; top with remaining cheese. Cover dish and refrigerate until morning or bake immediately.

Cover with foil, bake 45 minutes. Remove foil and bake an additional 15 minutes or until top is puffed, cheese is browned at edges and middle is set. Let cool 5 minutes; cut into 9 squares.

Notes:
Nice way to start off breakfast. Recipe may be prepared ahead, covered and refrigerated over night. Bake as directed in morning. Recipe was created by 3-A-Day of Dairy. Serves 9

This is a nice tasting recipe, which is also low in calories, fat, and cholesterol. May substitute regular cheese and 8 fresh eggs; calories will be 280, fat 16 g, cholesterol 220 mg, and calcium 30%. Most of the calories and fat are from the eggs. You may wish to consider using part regular and part reduced fat product.

For nutrition analysis go to www.dairycouncilutnv.org Additional 3-A-Day of Dairy recipe may be found at www.3aday.org