

pantry pick

Spinach & Jack Cheese Bread Pudding

- 6 large eggs
- 2 cups low-fat (1%) milk
- ¼ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground pepper
- pinch ground nutmeg
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry

- 1 cup shredded Monterey Jack cheese (4 ounces)
- 8 slices firm white bread, cut into ¾-inch pieces

1. Preheat oven to 375°F. In large bowl, with wire whisk or fork, beat eggs, milk, thyme, salt, pepper, and nutmeg until blended. With rubber spatula, stir in spinach, Monterey Jack, and bread.
2. Pour mixture into 13" by 9" ceramic or glass baking dish. Bake bread pudding 20 to 25 minutes or

until browned and puffed and knife inserted in center comes out clean.

3. Remove bread pudding from oven; let stand 5 minutes before serving.

■ Total time: 30 minutes. Makes 6 main-dish servings. Each serving: About 280 calories, 17 g protein, 22 g carbohydrate, 13 g total fat (6 g saturated), 2 g fiber, 233 mg cholesterol, 545 mg sodium.

TIP For a Mexican-style variation, replace Monterey Jack with pepper Jack cheese and add 4 ounces sliced pepperoni. Serve with salsa.

A savory bread pudding that will be a hit at dinner or brunch

