

LIGHTEN UP

Breakfast Casserole with Turkey Sausage, Mushrooms, and Tomatoes

Makes 8 servings. Working time 25 min. Total time 1 hr. 35 min.

Olive-oil cooking spray

14 ounces spicy turkey sausage, casings removed

$\frac{3}{4}$ pound mixed mushrooms (such as cremini, shiitake, and oyster), trimmed and sliced

Salt and freshly ground pepper

1 small onion, diced

8 large slices bread (4 whole wheat, 4 hearty white), cut into 1-inch cubes

5 ounces low-fat Jarlsberg cheese, finely grated ($1\frac{1}{2}$ cups)

1 pint grape tomatoes, halved

5 large eggs, plus 5 large egg whites

$1\frac{1}{2}$ cups low-fat milk

1. Coat a medium nonstick skillet with cooking spray and heat over medium heat. Add sausage and brown, breaking up with a wooden spoon as meat cooks, about 10 minutes. Using a slotted spoon, transfer sausage to a plate. Set aside.

2. Add mushrooms to skillet and cook over medium-high heat until they begin to brown, about 4 minutes, stirring occasionally. Season with salt and pepper. Add onion, reduce heat to medium-low, and cook, stirring occasionally, until onion is soft and mushrooms are well browned, about 4 more minutes. Set mixture aside.

3. Preheat oven to 350°F. In a medium bowl, toss bread, cheese, tomatoes, reserved sausage, and reserved mushrooms and onions. Coat a 9-by-13-inch casserole dish with cooking spray and spread mixture in an even layer in dish. In a medium bowl, beat together eggs and egg whites. Whisk in milk and pour over bread mixture. Cover dish with aluminum foil and let casserole sit for 10 minutes. Press foil down gently to ensure top layer of bread cubes soaks up liquid.

4. Bake casserole for 35 minutes. Remove foil and bake 15 minutes more. Let rest for 15 minutes before serving.

PER SERVING protein: 30 g; fat: 14 g; carbohydrate: 33 g; fiber: 4 g; sodium: 745 mg; cholesterol: 184 mg; calories: 372.

By using egg whites and turkey sausage, plus low-fat milk and cheese, you save 129 calories, 14 grams of fat, and 137 milligrams of cholesterol per serving.