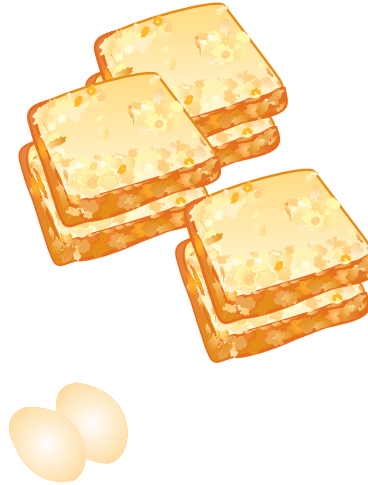


Easy Cheese Casserole

Ingredients:

- 12 slices of bread
- 3 cups grated cheddar cheese (for lower fat use skim milk mozzarella cheese)
- 4 eggs, slightly beaten
- 2 2/3 cups skim milk
- 1 teaspoon salt (optional)
- ground black pepper to taste
- dash of cayenne (optional)
- 1 teaspoon dry mustard
- parsley to garnish



Preparation:

1. Place 6 slices of bread in the bottom of a greased casserole dish. Cover the bread with half of the cheese. Cover the cheese with the rest of the bread, then sprinkle with remaining cheese.
2. Lightly beat together eggs, milk, salt, pepper, cayenne and dry mustard. Pour mixture over bread. Place in refrigerator for 1 hour or overnight.
3. Bake at 350° F for 1 hour or until knife inserted comes out clean.

Makes twelve 1 slice servings

Note: Variations—leftover meat cut into bite-size pieces and/or vegetable can be added to the layers of bread and cheese. Bread can be cut into cubes instead of using slices.

Amount Per Serving	
Calories 230	Calories from Fat 110
% Daily Values*	
Total Fat 12g	19%
Saturated Fat 7g	34%
Cholesterol 100mg	34%
Sodium 550mg	23%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 13g	
Vitamin A 10%	Vitamin C 0%
Calcium 30%	Iron 6%
*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	

CAUTION: For sodium restricted diets delete salt and use low-sodium cheese.