

Savory Bread Puddings with Ham and Cheddar

Bread pudding becomes a main dish inspired by the flavors of a loaded baked potato. Preparing the puddings in individual ramekins gives them a dressier feel and shortens cook time.

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- **Yield:** Serves 4 (serving size: 1 bread pudding)
- **Hands-on:** 22 Minutes
- **Total:** 42 Minutes

Ingredients

- 8 ounces multigrain bread with seeds, cut into 3/4-inch cubes
- Cooking spray
- 3/4 cup (3 ounces) shredded sharp cheddar cheese, divided
- 1/4 cup chopped green onions, divided
- 3/4 cup fat-free milk
- 1/4 cup fat-free, lower-sodium chicken broth

- 1/8 teaspoon freshly ground black pepper
- 3 ounces lower-sodium ham, minced
- 2 large egg yolks, lightly beaten
- 3 large egg whites
- 4 teaspoons reduced-fat sour cream

Preparation

1. Preheat oven to 375°.
2. Place bread cubes on a jelly-roll pan; coat with cooking spray. Bake at 375° for 10 minutes or until lightly toasted, turning once. Remove from oven; cool.
3. Combine bread, 1/2 cup cheese, 3 tablespoons onions, and next 5 ingredients (through egg yolks) in a large bowl. Place egg whites in a small bowl, and beat with a mixer at high speed until foamy (about 30 seconds). Gently fold egg whites into bread mixture.
4. Spoon about 1 cup bread mixture into each of 4 (7-ounce) ramekins coated with cooking spray. Divide the remaining 1/4 cup cheese and remaining 1 tablespoon onions evenly among ramekins. Bake at 375° for 20 minutes or until lightly browned. Top each serving with 1 teaspoon sour cream.

Nutritional Information

Amount per serving

- Calories: 272
- Fat: 11.2g

- Saturated fat: 5g
- Monounsaturated fat: 3.3g
- Polyunsaturated fat: 0.6g
- Protein: 18.5g
- Carbohydrate: 28.4g
- Fiber: 8.6g
- Cholesterol: 140mg
- Iron: 2mg
- Sodium: 536mg
- Calcium: 400mg

WW Points Plus: 7

Recipe courtesy of Wellness @ Work, www.uncwellnessatwork.org.