Savory bread pudding with kale and butternut squash

Recipe credit

USDA Center for Nutrition Policy and Promotion

About this recipe

Serves
4
Serving size
5-6 ounce serving
Time to make
Cook Time: 1 hour 20 minutes; Preparation Time: 20 minutes

Ingredients

- 1 teaspoon vegetable oil
- 1 yellow onion (peeled and chopped)
- 4 large eggs
- 2 cups low-fat milk
- 1/2 cup shredded low-sodium mozzarella or cheddar cheese
- 4 cups bread (stale or dried)
- 3 cups chopped raw kale
- 2 cups frozen butternut squash
- 1/2 teaspoon Kosher salt

Directions

1. Preheat the oven to 375°F. Lightly grease a 2-quart baking pan.
2. Put a skillet over medium heat and when it is hot, add the oil. Add the onion and cook about 10 minutes, until tender.
3. While the onion is cooking, put eggs and milk in a bowl and mix until combined.
4. Add the cheese, bread, kale, squash and salt and mix well. Let the mixture stand at least 15 minutes until the bread absorbs most of the milk.
5. When the onion has finished cooking, add it to the bread mixture and mix well.
6. Pour the mixture into the prepared pan and transfer to the oven.
7. Bake uncovered for 50-60 minutes until lightly browned and set. Let stand 15 minutes before serving.

Tips and variations

It is important to use stale bread that has dried out. If you don’t have stale bread, put fresh bread in a preheated 250°F oven and bake until dried, usually about 15 minutes.

Nutritional info

Calories
372
Total fat
12 g
Saturated fat
4 g
Cholesterol
227 mg
Sodium
618 mg
Total carbohydrates
46 g
Dietary fiber
5 g
Protein
24 g
Total sugar
15 g
Allergens
Eggs
Soy
Wheat

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