

HAM AND PINEAPPLE BAKE

CHEAP AND EASY TO PREPARE EGGS are an inexpensive source of high quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures eggs are a symbol of new life, fertility and re birth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled or creamed eggs are just some of the delicious ways to consume eggs.

HAM AND PINEAPPLE BAKE can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

PREP TIME: 20 min **COOK TIME:** 45 mins **SERVINGS:** 4

INGREDIENTS:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard

- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

DIRECTION:

Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.

Next slice the bread into one inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.

In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.

The next day Pre heat oven to 350 degrees Fahrenheit.

Remove baking dish from refrigerator and place on middle rack of oven. Bake un-covered for 45 minutes or until puffed and golden in colour. A knife inserted in the center should come out clean. Serve immediately.

Bon Appetit..

