

Savory Bread Pudding

Nashville Food Project - Nashville, TN

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Servings: 12

1 loaf (one pound) French bread, cut into 1-inch cubes
2 pounds fresh tomatoes, cut into quarters and seeded
1/2 cup fresh basil, chopped
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon black pepper
1 cup (1 1/2 pounds) onions, sliced and caramelized
1 cup arugula leaves
3 eggs, lightly beaten
2 cups 2-percent reduced fat milk
1/2 cup Parmigiano-Reggiano cheese, grated

Preheat the oven to 350 degrees.

Place the bread cubes in a 13x9-inch baking pan.

In a food processor, pulse the tomatoes, basil, garlic, salt and pepper until coarsely chopped. Add to the bread cubes.

Fold in the caramelized onions and arugula.

In a separate bowl, whisk the eggs and milk together. Pour over the bread mixture and allow to stand at least 20 minutes.

Bake for 40 minutes.

Remove from the oven and top with cheese.

Return to the oven and bake an additional 10 minutes.

Allow to rest 15 minutes before serving.

Per Serving (excluding unknown items): 142 Calories; 3g Fat (16.7% calories from fat); 6g Protein; 24g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 344mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.