



## *Easy Cheese Bake*

nonstick spray	2 2/3 cups milk
12 slices bread	1/4 teaspoon pepper
2 Tablespoons margarine	1 teaspoon dry mustard
2 cups cheese, grated or cubed	1 teaspoon salt, if desired
4 eggs	1/8 teaspoon cayenne, if desired

Spray baking pan with nonstick spray or lightly oil. Spread bread with margarine. Place 6 slices of bread in the bottom of pan. Layer the bread with half the cheese. Next use the rest of the bread for a layer, then layer with the rest of the cheese. Beat eggs together with milk, pepper, mustard, and salt and cayenne, if desired. Pour mixture over bread and cheese. Cover and refrigerate 1 hour or longer (overnight, if desired). Bake at 350 for 1 hour.



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## Nutrition Facts

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Servings Per Recipe 6

Amount Per Serving

Calories 272

48% of total calories from fat

Total fat 14g

Sodium 430mg

\* Vitamin A 20%

\*Vitamin C 1%

\*Calcium 33%

\*Iron 8%

\*Percentage Daily Values

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist  
November 2002

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