BROCCOLI EGG AND CHEESE CASSEROLE

6 eggs

1/3 cup milk

5 slices of whole wheat bread, stale (or toasted in the oven)

1 cup diced broccoli

1 cup cheddar cheese

¼ diced white onion

Salt and Pepper

Mix eggs and milk and whisk well.

Meanwhile, rip bread into small chunks and place in a greased 8x8 pan.

Add broccoli, cheese and onion to the egg and milk mixture, and pour over bread.

Press mixture down to help bread absorb egg mixture.

Cover and refrigerate overnight.

Preheat the oven to 350 degrees. Bake for 50 minutes.