

Stuffed Croissants

- 4 Croissants, split
- 1 tablespoon Butter
- 1 cup Portabella Mushrooms, sliced
- ¼ cup Green Onion, sliced
- 1 Zucchini, small, diced
- 4 Eggs
- 1 cup Milk
- 1 cup Cheese of your choice, shredded

Method

1. Place bottoms of split croissants in 4" ramekins (or in a rectangular casserole dish) which have been buttered and sprayed with cooking spray.
2. Sauté mushrooms, green onion, and zucchini in butter until tender.
3. Beat together eggs and milk. Pour half the egg and milk mixture over croissant bottoms, if using ramekins, or half of the mixture over croissants in casserole dish.
4. Layer vegetable mixture and cheese on top. Place croissant tops over bottoms, cut side down.
5. Pour remaining egg mixture over croissant tops. Let stand for one hour, or overnight in refrigerator.
6. Bake at 350° for 40 minutes, until set. If croissants begin to brown too quickly, cover loosely with foil.
7. Release Stuffed Croissants from ramekins or casserole dish; plate as desired.



Servings/Yield

4 servings

Categories

Breakfast

NUTRITION FACTS

Servings: 4

Amount Per Serving

Calories: 545

Total Fat: 26.90g

Cholesterol: 99mg

Sodium: 554mg

Total Carbs: 51.70g

Dietary Fiber: 3.64g

Sugars: 13.98g

Protein: 18.40g