



Food & Dining

MICHELLE DUDASH
HEALTHY DISH

Avocados shine at breakfast



This casserole showcases the versatility of avocados — baked for breakfast. Whip up this vibrant casserole the next time you're serving brunch

or bake it the night before to have at the ready for early risers. Each serving provides an excellent source of dietary fiber and vitamins A and C, a good source of calcium and iron, and contains 10 grams of protein for a satisfying way to

start your day.

Michelle Dudash of Scottsdale is a registered dietitian, chef and author of "Clean Eating for Busy Families." She created this recipe for the California Avocado Commission.

Recipe notes

» Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller avocados, adjust the quantity accordingly.

» Leftovers can be cooled and refrigerated for up to 3 days. Reheat portions as needed in the oven or microwave.

» Serving suggestion: Fresh seasonal fruit salad and whole-wheat toast.

California Avocado Breakfast Casserole With Spinach and Sweet Potatoes

Michelle Dudash

- 2½ cups peeled, medium-diced sweet potatoes
- ½ cup diced yellow or white onion
- 2 teaspoons canola oil
- ¼ teaspoon salt for the potatoes
- ¼ teaspoon salt for the eggs
- Freshly ground black pepper to taste
- 9 large eggs
- 1 (10-ounce) package frozen chopped spinach, thawed, water squeezed out
- ¾ cup low-fat milk
- 2 tablespoons fresh chopped basil (or ½ teaspoon dried basil)
- 1 tablespoon Dijon mustard
- 1 tablespoon reduced-sodium soy sauce
- 4 teaspoons fresh lemon juice
- 2 ripe, fresh California avocados
- ¼ cup chopped sun-dried tomatoes

Place one oven rack 6 inches below the broiler element and place a second rack in the middle of the oven. Preheat oven to high broil.

Place sweet potatoes and onions in an 8-by-8-inch glass baking dish. Drizzle with oil. Sprinkle with ¼ teaspoon salt and black pepper. Broil on the top oven rack until potatoes begin to brown and are fork-tender, about 10-15 minutes. After removing the baking dish from the oven, set the oven to 350 degrees.

Whisk eggs in a large bowl and crumble in spinach. Stir in milk, basil, mustard, soy sauce, ¼ teaspoon salt and additional black pepper.

Place the lemon juice in a medium bowl. Cut the avocado into ½-inch pieces and coat in the lemon juice. Gently stir the avocados into the eggs. Pour the egg mixture evenly into the baking dish with the potatoes and onions, and sprinkle the tomatoes on top. Bake on the middle rack of the oven until the middle is set and no longer jiggly, about 45 minutes. Allow to set for 10 minutes. Cut into servings.

Prep time: 30 min.

Cook time: 1 hour.

Servings: 9.

Per serving: 220 calories, 13 g total fat (3 g saturated fat, 0 g trans fat), 310 mg sodium, 185 mg cholesterol, 16 g total carbohydrate (5 g fiber), 10 g protein.



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Pairing versatile avocados with spinach and sweet potatoes creates a satisfying casserole.