

# Nutrition & You

## Enjoy The Benefits Of Breakfast—For Dinner

(NAPSA)—The next time you're wondering what's for supper—and you're the one who has to make it—you may want to wake up to the tasty idea of having breakfast for dinner. All too often, breakfast is eaten on the run in the morning. Have breakfast in the evening and you can turn it into a fun, relaxing and nutritious way to wind down a busy day.

Breakfast for dinner offers busy home cooks many advantages over preparing a more traditional supper. Such popular breakfast dishes as omelets, pancakes and French toast are easy to prepare and offer a great way to incorporate beneficial ingredients. For example, use nutrient-rich fresh fruits and veggies, and pump up the protein by adding breakfast meats like sausage, bacon or ham into your dish.

“Whether you prefer sweet or savory, breakfast is a great meal option anytime of the day,” explained Jones Dairy Farm President Philip Jones. “Since most morning dishes are made up of basic ingredients you already have on hand, breakfast for dinner is a quick, easy and popular supper solution.”

For example, here's a delicious breakfast recipe hearty enough for dinner that can even be made a day in advance.

### Ham, Smoked Gouda and Mushroom Strata

*(Serves 8)*

- 1 tablespoon butter
- 4 ounces sliced mixed exotic mushrooms
- ½ cup chopped shallots or onion
- 4 cups cubed bread of choice (about 6 small slices)



**Wake up dinner with a savory ham or sausage breakfast strata.**

- 7 ounces Jones Ham Steak or Jones Ham Slices, cut into ½-inch pieces
- ½ cup dried cranberries
- 1 cup shredded smoked Gouda cheese or shredded Cheddar cheese
- 6 large eggs (or 3 eggs and 3 egg whites)
- 2 cups whole milk or light cream

Melt butter in a medium skillet over medium heat. Add mushrooms and shallots; cook, stirring occasionally, 8 minutes or until vegetables are tender and liquid evaporates. Arrange bread cubes in a greased or buttered 13- x 9-inch baking dish; top with layers of the mushroom mixture, ham, cranberries and cheese. Whisk eggs in a large bowl; whisk in milk. Pour mixture evenly over all. Press down on bread to allow milk mixture to coat the top. Cover and refrigerate for a minimum of one hour (up to 24 hours). Bake in a preheated 350° F oven 40 minutes or until center is set. Cut into squares.

For more delicious breakfast recipes, see [www.jonesdairyfarm.com](http://www.jonesdairyfarm.com) or call (800) 563-1004.