

# Smoked Cheddar - Jalapeno Bread Pudding-Healthy

Recipe Courtesy of Chef Tre Wilcox

## Ingredients

1/4 cup red bell pepper -- diced small  
1/4 cup yellow bell pepper -- diced small  
1 tablespoon poblano pepper -- diced small  
6 each jalapenos -- outside only, diced small  
1 tablespoon shallot -- chopped fine  
1/2 tablespoon garlic -- chopped fine  
3 tablespoons cilantro leaves, whole -- chopped fine  
2 cups low-sodium smoked cheddar cheese – diced  
1 each portabella mushroom -- cooked and diced small  
1/4 cup green onion -- chopped fine  
6 cups toasted sourdough bread -- diced  
1/2 quart half and half  
2 cup eggs substitute  
salt and pepper  
lime juice  
cayenne pepper

## Method

1. Preheat oven to 325.
2. In two medium size saute pans saute peppers, jalapenos, shallot and garlic for two minutes.
3. Season with salt and pepper
4. Place mixture onto sheet pan to cool.
5. Once pepper mixture has cooled place into large mixing bowl and add cilantro, cheese, mushrooms, green onions and toasted bread.
6. Season with salt and pepper again.
7. In another small mixing bowl whisk together cream and eggs.
8. Mix with the rest of the vegetables.

9. Toss to coat, season with a splash of lime juice, check for addition salt and pepper.
10. Use 3 ounce ramekins spray with non-stick food spray
11. Add bread pudding mixture to each ramekin, press gently to make bread pudding compact.
12. Place into water bath, cover with foil and bake in oven for 20 minutes.
13. Remove foil and bake another 5 minutes to brown the tops.
14. Remove from water bath, remove bread pudding from ramekins and serve right away.

Serving Size : 8