

Back to Breakfast



Pear and Bacon Waffle Bake



Ingredients:

- 6 4-inch round frozen waffles, wholegrain, thawed
- 1 15-ounce can sliced pears in 100% pear juice, well-drained, diced
- 12 slices precooked, thin sliced, maple bacon, diced
- 8 large eggs
- 1 1/2 cups 1% milk
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 1/8 teaspoon ground nutmeg

Directions:

Cut the waffles in half crosswise. Lay 6 halves in the bottom of an 8x8-inch baking dish, arranging them so they lay flat. Sprinkle with half the pears and half the bacon. Cover with the remaining 6 waffle halves and sprinkle with the remaining pears and bacon.

In a medium mixing bowl, whisk together the eggs, milk, maple syrup, vanilla, salt and nutmeg. Pour over the waffles. Cover the dish with plastic wrap and press all over the surface with your fingers to submerge the waffles in the liquid. Cover and refrigerate for at least 30 minutes and as long as overnight.

Preheat oven to 350 degrees F. Mix together the sugar and cinnamon, and sprinkle it over the waffles. Bake in the middle of the oven, 50-55 minutes, until lightly puffed and firm. Let sit 5 minutes before cutting into squares.

Serves 6

Serve warm, with maple syrup if desired.

Approximate nutritional value per serving:

320 calories; 17 g protein; 37 g carbohydrates; 12 g total fat (4 saturated fat); 3 g dietary fiber; 305 mg cholesterol; 1 mcg DFE (folate); 700 mg sodium.