



# Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

## Savory Asparagus Bread Pudding

From [101cookbooks.com](http://101cookbooks.com)

Serves 6-8

One 1-pound loaf sourdough or any crusty bread, cut into 3/4 inch cubes  
3 cups milk  
1 cup chicken or vegetable broth  
3 eggs  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon dried dill  
1 pound asparagus, trimmed, chopped  
4 ounces mushrooms, coarsely chopped  
3 green onions, thinly sliced  
1 cup shredded Gruyere cheese

Preheat oven to 400 degrees. Spray a 9 x 13-inch baking pan with cooking spray. Place bread in a large bowl. In medium bowl, whisk together the milk, broth, eggs, salt, pepper, and dill. Pour the mixture over the bread. Add asparagus to bread along with the mushrooms and green onion and mix well. Spoon into the prepared pan and pat down the top to compact the ingredients. Sprinkle the cheese evenly over the top. Bake for 45 minutes, or until top is browned and crisp. Let sit for 10 minutes before cutting.

*It's best to use stale bread for this recipe. Leave it out for a day or two.*

*Instead of mushrooms, add 1 cup sliced pitted black olives or chopped, roasted red pepper for color contrast and a flavor complement to the asparagus.*

*Asparagus is a perennial plant and is a member of the lily family. It is high in vitamin K, folate, and vitamin C.*