Strawberry-Rhubarb Bread Pudding

From EatingWell: April/May 2006
http://www.eatingwell.com/recipes/strawberry_rhubarb_bread_pudding.html

Gingersnaps add a sublime note to the classic spring combination of strawberries and rhubarb.

8 servings | Active Time: 30 minutes | Total Time: 1 3/4 hours

Ingredients

Custard
- 4 large egg whites
- 4 large eggs
- 1 cup skim milk

Seasonings
- 1/2 cup sugar
- 1 tablespoon vanilla extract
- 1 teaspoon freshly grated orange zest

Bread & filling
- 4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about 1/2 pound, 4-6 slices)
- 2 cups roughly broken gingersnaps
- 2 cups quartered strawberries, fresh or frozen (thawed)
- 1 cup diced rhubarb
- 1/4 cup chopped walnuts, lightly toasted (see Tip)

Topping
- 1/4 cup chopped walnuts, lightly toasted, or Streusel Topping (see Tip)

Preparation

1.  Preheat oven to 375°F. Coat an 11-by-7-inch glass baking dish or a 2-quart casserole with cooking spray.
2.  To prepare custard: Whisk egg whites, eggs and milk in a medium bowl. Add sugar, vanilla and orange zest; whisk to combine.
3.  Toss bread, gingersnaps, strawberries, rhubarb and 1/4 cup walnuts in a large bowl. Add the custard and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
4.  Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with 1/4 cup walnuts (or Streusel Topping) and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

Nutrition

Per serving :320 Calories; 10 g Fat; 2 g Sat; 3 g Mono; 106 mg Cholesterol; 46 g Carbohydrates; 11 g Protein; 4 g Fiber; 334 mg Sodium; 374 mg Potassium

Tips & Notes

• Make Ahead Tip: Prepare the pudding through Step 3; refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in Step 4.
• Tips: Spread walnuts on a baking sheet, place in a preheated 350 degree F oven and toast, stirring once, until fragrant and lightly browned, 7 to 9 minutes.
• To make streusel topping: Combine 1/3 cup flour, 1/4 cup oats (preferably old-fashioned), 2 tablespoons brown sugar and 2 tablespoons canola oil in a small bowl. Spread the mixture on top of the pudding after the initial 40 to 45 minutes of baking.