



Vegetable Strata



Ingredients



- 1 Tbsp olive oil
- 3 cups chopped veggies
- 1 large bunch of kale
- 3 garlic cloves minces
- 1 tsp group black pepper
- 1/4 tsp thyme
- 1 tsp salt
- 8 cups 1-inch cubed of whole grain bread
- 3 cups skim milk
- 8 large eggs



Directions



1. Coat 9 x 13 inch baking dish with cooking spray and set aside
2. Heat oil in skillet over medium heat, sauté garlic. Add veggies and cook until soft, about 5 minutes. Add kale and cook until wilted. Add thyme, 1/2 tsp salt, and 1/2 tsp pepper. Cook for another minute, then remove from heat
3. Place half of bread cubes in an even layer in baking dish, top with half veggie mixture and 1/2 cup cheese. Add remaining bread cubes, then remaining veggies and cheese
4. In large bowl, whisk together milk, eggs, and remaining 1/2 tsp salt and 1/2 tsp pepper. Pour egg mixture over the baking dish. Cover with foil. Refrigerate for several hours or overnight
5. When ready to bake, preheat oven to 250 degrees. Bake covered for 30 minutes, then remove covering and bake for another 25 to 30 minutes, or until golden brown on top and toothpick inserted in center comes out clean

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Fast Facts



This Recipe Provides



Fiber



Vitamin A



Protein



Vitamin C



Iron

Cooking Tips



- Feel free to add whatever veggies you have on hand.
- Great meal to make in advance then put in the oven in the morning for a delicious brunch
- Add sausage if you would like meat

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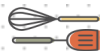


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Nutrition Facts



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Serving Size (227g)

Amount Per Serving

Calories 305

Calories from Fat 110

% Daily Value*

Total Fat 12.2g **19%**

Saturated Fat 4.9g

25%

Trans Fat -1g

Cholesterol 156mg **52%**

Potassium 338mg **10%**

Sodium 502mg **21%**

Total Carbohydrate 33.3g **11%**

Dietary Fiber 4.5g

18%

Sugars 8.9g

Protein 18.1g **36%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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