



# Vegetable Strata



## Ingredients



- 1 Tbsp. olive oil
  - 3 cups chopped veggies
  - 1 large bunch of kale
  - 3 garlic cloves, minced
  - 1 tsp. ground black pepper
  - 1/4 tsp. thyme
  - 1 tsp. salt
  - 8 cups 1-inch cubed whole grain bread
  - 4 cups skim milk
  - 9 large eggs
  - 1 cup of shredded cheddar cheese
- Yield: 12 servings  
Serving Size: 3/4 cup



## 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. Remove from heat.
3. Place half of bread cubes in an even layer in baking dish. Top with half of veggie mixture and 1/2 cup of 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 350 degrees F. 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. When ready to serve cut the strata into squares.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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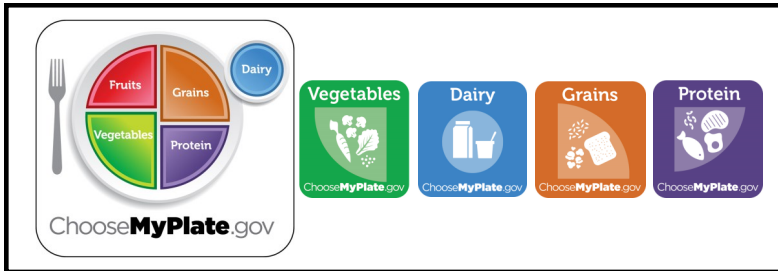
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Feel free to add whatever veggies you have on hand. Broccoli, mushrooms, onion, and tomato were included in this recipe.
- This is a great meal to make in advance then put in the oven in the morning for a delicious brunch!

## Nutrition Facts



Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes 1g Added Sugars	<b>2%</b>
Sugar Alcohol 0g	
<b>Protein</b> 14g	<b>28%</b>
Vitamin D 2mcg	10%
Calcium 294mg	25%
Iron 2mg	10%
Potassium 503mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

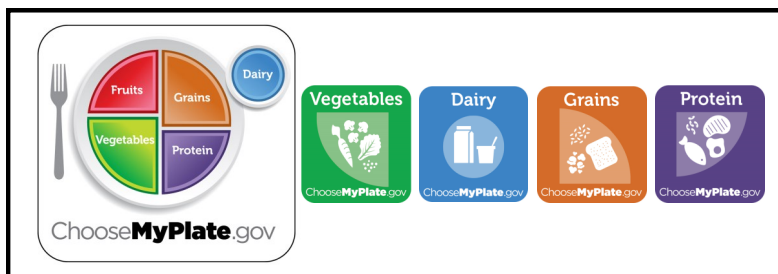
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