

Cheesy Vegetable Strata

Vary the vegetables and cheese for more interest. You may also add chopped ham or lean turkey breakfast sausage to the strata

Makes 8-12 servings

5 cups whole grain bread cubes
2 cups cooked broccoli, coarsely chopped
1 cup cooked mushrooms, chopped
½ cup sliced green onions
1 ¼ cups (5oz) shredded Swiss cheese, divided
2 cups cholesterol-free egg substitute or 4 whole eggs plus 1 cup cholesterol-free egg substitute
2 cups skim milk
1 tablespoon Dijon or powdered dry mustard
½ tsp. black pepper
¼ tsp. salt

Layer bread cubes, broccoli, mushrooms and green onions in greased 13x9-inch baking dish. Sprinkle ¾ cup cheese evenly over vegetables.

Whisk egg substitute, milk, mustard, pepper and salt in medium bowl until smooth and well blended. Pour over strata. Refrigerate, covered, overnight.

Preheat oven to 350 F. Bake, uncovered, 30 minutes. Sprinkle remaining ½ cup cheese evenly over top. Bake 10-12 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before cutting and serving.

Nutritional information using egg substitute:

Calories: 190

Total Fat: 6 grams

Saturated fat: 3 grams

Protein: 17 grams

Carbohydrate: 18 grams

Dietary Fiber: 2 grams

Cholesterol: 15 milligrams

Sodium: 340 milligrams

Dietary Exchanges:

2 Meat, 1 Starch, 1 Fat, ½ Vegetable

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