



CHEESE & SPINACH STRATA

A strata is a delicious, one-dish breakfast and a great way to use leftover vegetables. It's an easy make-ahead meal, perfect for feeding your family on a busy weekday morning. Frozen or canned vegetables also work well in this dish.

Yield: 6-8 servings

Time: Total Cook Time: 2 hours 25 minutes
Preparation: 25 minutes
Refrigeration: 1 hour
Cook Time: 50-60 minutes

EQUIPMENT LIST

- » Oven safe baking dish coated with cooking spray (11x7 inch or 9x9 inch)
- » Medium skillet
- » Colander
- » Large mixing bowl
- » Measuring cups
- » Measuring spoons
- » Spatula
- » Whisk
- » Cheese grater
- » Foil

WIC INGREDIENTS

- » Sliced mushrooms
- » Frozen spinach
- » Fat-free milk
- » Eggs
- » Whole wheat bread
- » Cheddar cheese

OTHER INGREDIENTS

- » Butter
- » Salt
- » Garlic powder
- » Paprika
- » Black pepper
- » Dried oregano



CHEESE & SPINACH STRATA



INGREDIENTS

- » 1 tablespoon butter
- » 1 (8-ounce) package sliced mushrooms
- » 2 teaspoons salt, divided
- » 1 (12-ounce) bag frozen spinach
- » 2 1/2 cups fat-free milk
- » 4 large eggs
- » 1 teaspoon garlic powder
- » 1 teaspoon paprika
- » 1/2 teaspoon black pepper
- » 1/2 teaspoon dried oregano
- » 6 cups whole wheat bread, torn into 1-inch pieces
- » 2 cups shredded Cheddar cheese

DIRECTIONS

Coat an 11- x 7-inch baking dish with cooking spray; set aside.

Melt butter in a medium skillet over medium heat, add mushrooms and season with 1 teaspoon of salt. Cook mushrooms until soft and lightly browned. Remove from heat and let cool. Place spinach in a colander and let thaw, pressing down to remove any excess liquid before using. In a medium mixing bowl, whisk together eggs, milk, remaining teaspoon of salt and additional seasonings.

Place half the bread evenly on the bottom of a prepared baking dish, followed by half of the spinach, half of the mushrooms and half the cheese. Repeat the layers with remaining bread, vegetables and cheese. Pour seasoned milk and egg mixture over bread. Cover with aluminum foil and press down slightly to help milk mixture soak into bread. Refrigerate for at least one hour or overnight.

When ready to bake, preheat oven to 350°. Bake, uncovered, 50-60 minutes or until cheese is bubbly and a wooden pick inserted in center comes out clean.

Cheese & Spinach Strata	
Nutrition Facts	
Serving Size 8 oz. (227g)	
Amount Per Serving	Calories from Fat 150
Calories 360	
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 1130mg	47%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 22g	
Vitamin A	130%
Vitamin C	6%
Calcium	45%
Iron	15%

*Percent Daily Values are assessed 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



**THE DAIRY
ALLIANCE**

thedairyalliance.com