



## Vegetable Strata

### INGREDIENTS:

1 cups Skim milk  
4 each Eggs or 2/3 cup egg beaters  
2 Tablespoons Turkey bacon bits (optional)  
2 cups Crimini or button mushrooms, sliced  
2 cups Roma tomatoes, diced  
1 cup Bell peppers, chopped  
1 cup Onion, chopped small  
4 pieces Whole wheat bread  
1 teaspoon Salt  
¼ teaspoon Pepper (white pepper if possible)  
1 cup 2% sharp or mild cheddar cheese

### PREPARATION:

- Preheat oven to 350°F.
- Pre-grease 9 x 9 baking dish with pan spray.
- In a hot sauté pan, sauté onions, mushrooms, tomatoes and bell peppers; stir frequently.
- Meanwhile, in mixing bowl, place eggs, skim milk, salt and pepper.
- Whisk until ingredients are well mixed.
- Place bread slices in the bottom of the baking pan.
- Once vegetables are tender, sprinkle over bread slices.
- Then pour egg mixture over vegetables and bread slices
- Bake for 20 minutes, covered with plastic wrap then foil. **(plastic won't melt)**
- Pull out strata after 20 minutes then add low fat cheddar cheese and place back in oven for about 5 minutes to melt.
- Pull out of oven and let strata sit for about five minutes; cut and serve!

***Chef's Note:** Strata can be varied with different vegetables and even using different flavors of cheese, such as Gouda, feta, parmesan, mozzarella, Colby jack or Swiss cheeses. Turkey bacon, tofu, Boca burger crumbles, and chicken breast are other ingredients that can be used; just remember the calories change when using calorie dense ingredients.*

**Number of Servings: 9**

**Serving Size: 1 cup**

**Calories: 110**

**Fat Grams: 3.5**

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