

Eat Well



EASY BAKE CHEESE STRATAS

These easy-to-make individual stratas are sure to become a family favourite. Wake up to a delicious aroma by making them the night before and popping them into the oven in the morning. They are perfect for making together on the weekend.

Prep Time **15** min

Cook Time **35** min

Makes 4 Servings

- 2 slices whole grain bread
- 375 mL (1 1/2 cups) chopped, cooked broccoli
- 125 mL (1/2 cup) shredded light old Cheddar or Swiss cheese
- 60 mL (1/4 cup) chopped lean ham
- 30 mL (2 tbsp) chopped fresh parsley
- 175 mL (3/4 cup) skim milk
- 3 eggs
- 5 mL (1 tsp) Dijon mustard
- Pinch fresh ground black pepper

1. Using a serrated knife, cut bread into 1 cm (1/2 inch) cubes and place in large bowl. Add broccoli, cheese, ham and parsley and mix. Divide among four 250 mL (1 cup) oven-proof ramekins or bowls, and place on a small baking sheet.

2. In another bowl, whisk together milk, eggs, mustard and pepper until well combined. Gently pour over top of each bread mixture; press down gently with a fork so the bread absorbs the egg mixture. Let stand for 15 minutes, or alternatively, cover and refrigerate for up to 12 hours.

3. Bake in preheated 190°C (375°F) oven for about 35 minutes or until puffed and edges are golden, and a knife inserted in centre comes out clean. Use a digital food thermometer to check that eggs have reached an internal temperature of 74°C (165°F).

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING % DV

Calories	197	-
Fat	8 g	13 %
Saturated + Trans	3 g	17 %
	0 g	-
Cholesterol	153 mg	-
Sodium	401 mg	17 %
Carbohydrate	16 g	5 %
Fibre	3 g	12 %
Sugars	5 g	-
Protein	16 g	-
Vitamin A	-	22 %
Vitamin C	-	83 %
Calcium	-	24 %
Iron	-	12 %

TIPS

- Get your mini chefs into the kitchen. They can help tear the bread into pieces with their hands, grate the cheese, whisk the egg mixture and pour it over the bread cubes.
- Mix up your veggies. Swap out the broccoli for cauliflower, red peppers or mushrooms.
- If you don't have small ramekins, you can use a small baking dish.
- Slash your sodium by using lower sodium ham. Want to make this recipe vegetarian? Just leave out the ham.