

Baked cheese stratas

These 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.



Vegetarian



Freezer-friendly



PREP TIME
15 min



COOK TIME
35 min



SERVINGS
4

Ingredients

- 2 slices whole grain bread
- 375 mL (1½ cups) chopped cooked broccoli
- 125 mL (½ cup) shredded light old Cheddar or Swiss cheese
- 60 mL (¼ cup) chopped roast turkey
- 30 mL (2 tbsp) chopped fresh parsley
- 175 mL (¾ cup) skim milk
- 3 eggs
- 5 mL (1 tsp) Dijon mustard
- Pinch fresh ground black pepper

Directions

1. Using a serrated knife, cut bread into 1 cm (½ inch) cubes and place in large bowl. Add broccoli, cheese, turkey and parsley and mix. Divide among four 250 mL (1 cup) ovenproof 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).

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**.
- ✓ Want to make this recipe **vegetarian**? Just leave out the turkey.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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