

Healthy Vegetable Strata

Serves 8

2 cups diced onions
1 tablespoon olive oil
12-oz. mushrooms, sliced thin
2 small red bell peppers, cut into thin strips
2 small green bell peppers, cut into thin strips
3/4 package *Multi Grain Bread**, cut into 1 inch pieces
2 cups shredded low fat mozzarella cheese
1/2 cup grated parmesan cheese
8 whole eggs
4 egg whites
2-1/2 cups low fat milk
1/4 cup chopped fresh basil
Salt and pepper to taste

- In a large sauté pan, heat the olive oil and cook the onions until caramelized.
- Add mushrooms, red and green peppers, salt and pepper. Cook mixture over medium

heat for 10-12 minutes until all vegetables are tender.

- Arrange half the bread pieces in a well greased large (4-1/2 quart) baking dish.
- Spread half the vegetables over the bread; sprinkle with half the mozzarella and half the parmesan.
- Repeat layering using remaining bread, vegetables, and cheeses.
- In a medium bowl, whisk together eggs, egg whites, milk and basil.
- Pour the egg mixture over the strata. Cover dish and refrigerate 6-8 hours.
- Bake covered in preheated 350° oven for 50 minutes. Uncover strata and continue baking until golden and cooked through.

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Recipe created by Jean Ecos, Natural Ovens Test Kitchen Specialist