

SPINACH STRATA

Adapted from Cooking Light

Ingredients

- 1½ tablespoons olive oil, divided
- 2 small onions, chopped
- 2 cups thawed frozen spinach (with excess water squeezed out)
- 1 cup chopped tomatoes
- 1 teaspoon kosher salt, divided
- ¾ pound (about ¼ loaf) fresh bread (ciabatta, baguette, etc.), cut into 1-inch cubes
- 4 ounces cheese (cheddar, fontina, etc.), roughly chopped
- 6 large eggs
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ¼ teaspoon black pepper
- 3 cups low-fat milk

Instructions

Heat 1 tablespoon oil in a large sauté pan over medium-high heat. Add onions and cook until tender. Add in spinach, tomatoes, and ½ teaspoon salt and cook for about 3 minutes more. Place the bread cubes into a large bowl and toss in the spinach vegetable mixture. Stir gently until fully incorporated.

Coat a 13 x 9 baking dish with ½ tablespoon oil. Place ½ of the bread mixture into the baking dish and top with ½ the cheese. Top with the remaining bread mixture and the remaining cheese.

Whisk the eggs together in a medium bowl and then mix in the spices, black pepper, remaining salt, and milk. Pour the egg mixture over the bread and let stand for 30 minutes. Meanwhile, preheat the oven to 350 degrees. Bake for about 50 minutes or until the eggs are fully set.

Yield: 8 servings

NUTRITION FACTS PER SERVING

CALORIES: 320

PROTEIN: 18 grams

SODIUM: 680 milligrams

CARBOHYDRATE: 29 grams

FIBER: 3 grams

FAT: 13 grams

SATURATED FAT: 5 grams