

Corn Bread and Chorizo Strata

*Around the Table
Parade Magazine*

Servings: 8

*1 1/2 pounds cornbread, sliced
1/3-inch thick
1 cup dry-cured (Spanish-style)
chorizo
8 ounces (2 cups) Monterey Jack
cheese, grated
1 can (4.5 ounce) green chiles,
drained
1 cup frozen corn
2 scallions (green parts only), thinly
sliced
1 large plum tomato, thinly sliced
7 large eggs
Kosher salt
freshly ground pepper
3 1/2 cups milk*

Preparation Time: 20 minutes

Arrange half of the cornbread in a 9x13-inch baking dish in an even layer, filling in gaps with crumbs. Scatter half of the chorizo on top, followed by half the cheese. Spoon half of the green chiles evenly across the top, followed by half the corn. Repeat the layers using the remaining cornbread, chorizo, cheese, chiles and corn. Top with the scallions and then the tomato slices.

Beat the eggs with two teaspoons of salt and one-half teaspoon of pepper. Stir in the milk. Carefully pour over the layered ingredients in three batches, letting the liquid flood into the bottom of the baking dish between batches. Cover and refrigerate overnight.

Preheat the oven to 375 degrees.

Uncover the baking dish and let stand at room temperature, about 30 minutes.

Bake until puffed and golden brown, about one hour and 20 minutes.

Let stand 20 minutes before serving.

Start to Finish Time: 2 hours 30 minutes

Per Serving (excluding unknown items): 801 Calories; 48g Fat (54.3% calories from fat); 43g Protein; 48g Carbohydrate; 1g Dietary Fiber; 335mg Cholesterol; 1281mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 6 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	801	Vitamin B6 (mg):	.3mg
% Calories from Fat:	54.3%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	24.1%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	21.6%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	48g	Folacin (mcg):	111mcg
Saturated Fat (g):	26g	Niacin (mg):	3mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	335mg	% Daily Value:	0.0%
Carbohydrate (g):	48g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	2 1/2
Protein (g):	43g	Lean Meat:	4 1/2
Sodium (mg):	1281mg	Vegetable:	0
Potassium (mg):	516mg	Fruit:	0
Calcium (mg):	1208mg	Non-Fat Milk:	1/2
Iron (mg):	4mg	Fat:	6 1/2
Zinc (mg):	5mg	Other Carbohydrates:	0
Vitamin C (mg):	18mg		
Vitamin A (i.u.):	1776IU		
Vitamin A (r.e.):	481 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 801 **Calories from Fat:** 435

% Daily Values*

Total Fat 48g	74%
Saturated Fat 26g	132%
Cholesterol 335mg	112%
Sodium 1281mg	53%
Total Carbohydrates 48g	16%
Dietary Fiber 1g	3%
Protein 43g	
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Vitamin A	36%
Vitamin C	29%
Calcium	121%
Iron	22%

* Percent Daily Values are based on a 2000 calorie diet.