

**Breakfast**

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# Spring Vegetable Strata

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**Servings: 8**

**Preparation Time: 20 minutes**

**Start to Finish Time: 5 hours 30 minutes**

**Bake Time: 55 minutes**

**2 tablespoons olive oil**

**4 scallions, sliced**

**1/2 teaspoon salt**

**1/2 teaspoon black pepper, divided**

**1 tablespoon garlic, chopped**

**1 red bell pepper, diced**

**1 yellow bell pepper, diced**

**2 cups broccoli, chopped**

**5 english muffins, toasted and torn into pieces**

**1 cup Monterey Jack cheese, grated**

**1 cup Cheddar cheese, divided**

**9 eggs**

**2 1/2 cups whole milk**

**2 tablespoons Dijon mustard**

In a large skillet, heat oil on medium for 30 seconds. Add the scallions, salt and 1/4 teaspoon of black pepper. Cook for 3 minutes. Add the garlic, bell peppers and broccoli and cook for 7 minutes.

Coat a 13x9-inch baking dish with cooking spray. Line with the english muffins. Top with the vegetable mixture, Monterey Jack and 1/2 cup of Cheddar cheese.

In a large bowl, whisk the eggs, milk and mustard. Add 1/4 teaspoon of pepper.

Pour the eggs over the vegetables and cheese.

Cover with foil and refrigerate for 4 hours or overnight.

Preheat the oven to 350 degrees.

Bake the strata, covered, for 30 minutes.

Remove the foil and sprinkle with 1/2 cup of the Cheddar.

Bake for 25 minutes more or until golden brown and set in the center.

Cool for 10 minutes.

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Per Serving (excluding unknown items): 374 Calories; 21g Fat (51.6% calories from fat); 21g Protein; 25g Carbohydrate; 2g Dietary Fiber; 276mg Cholesterol; 632mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.