

## Cheesy Spinach and Tomato Strata

Makes 4-6 servings

- 8 slices bread, crusts removed
- 1 10 ounce package frozen chopped spinach, thawed and squeezed with hands to remove liquid
- 1 cup shredded cheese (cheddar, mozzarella, jack, or combination)
- ½ cup chopped tomato
- ½ cup chopped onion
- 1 teaspoon dried basil
- ¼ cup grated Parmesan cheese



### Egg Mixture

- 3 eggs
- 1 cup fat free milk
- ¼ teaspoon salt
- ⅛ teaspoon pepper

1. Spray 8-inch square pan with non-stick baking spray.
2. Place 4 slices of bread on bottom of pan.
3. Sprinkle spinach, cheese, tomato, onion and basil over bread.
4. Beat eggs, milk, salt, and pepper together in a bowl.
5. Pour half of the egg mixture evenly over the bread slices.
6. Press with back of spoon to moisten the bread.

**(Over)**

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**(Over)**

7. Top with remaining 4 bread slices
8. Pour remaining egg mixture over the bread slices and press down with spoon.
9. Sprinkle with Parmesan cheese.
10. Bake in a 350 degree oven uncovered for 30-35 minutes or until golden brown and set.
11. Let stand for 5 minutes before serving.
12. Refrigerate leftovers.

Recipe adapted from *Naturally Nutritious Everyday Family Meals*, Washington Dairy Council

**Variation:** Cut the bread slices into cubes.

**Serving tip:** Makes a great main dish for breakfast or dinner. Serve warm with favorite salad.

### Kitchen Helpers!

4 and 5-year-olds can gather the ingredients. They can also help you put the bread in the pan and crack and beat the eggs.



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