

Broccoli & Cheddar Strata



Prep Time: 20 minutes
Cook Time: 1 hour



Servings: 8 servings
Cost/Serving: \$1.50



Equipment

- Baking dish (8x8-inch)
- Knife
- Measuring spoons
- Whisk
- Cutting board
- Measuring cups
- Mixing bowls
- Wooden spoon



Ingredients

1 tbsp	(15 mL)	Olive oil or canola oil
4 cups	(1 L)	Bread cubes (1-inch), day old (Italian bread or baguette)
1 cup	(250 mL)	Broccoli florets, chopped
½ cup	(125 mL)	Yellow or orange bell pepper, diced
½ cup	(125 mL)	Grape tomatoes, halved
3 tbsp	(45 mL)	Onion, finely diced
1 ½ cups	(375 mL)	Cheddar cheese, shredded
8 each		Eggs, large
2 cups	(500 mL)	Milk, 2%
½ tsp	(2.5 mL)	Salt
¼ tsp	(1 mL)	Black pepper
½ cup	(125 mL)	Ricotta cheese
¼ tsp	(1 mL)	Dried oregano
1 tbsp	(15 mL)	Italian parsley, chopped



Directions

1. Preheat oven to 350F (180C). Lightly grease an 8x8-inch baking dish with olive oil.
2. In large bowl, combine bread cubes, broccoli, bell pepper, tomatoes, onion, and ½ of the cheddar cheese, mixing well. Arrange in the baking dish.
3. Sprinkle remaining cheddar on top of bread mixture.
4. In separate medium bowl, whisk together eggs, milk, salt and pepper. Pour evenly over bread mixture. Press down gently with wooden spoon so bread can soak up the liquid.
5. Add dollops of ricotta over top, and sprinkle with oregano.
6. Bake uncovered on middle rack of oven for 1 hour. Let rest 10 minutes before cutting. Serve garnished with parsley.



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Tips

- 1) For extra flavour replace oregano with Herbes de Provence (a blend of savoury, marjoram, rosemary, thyme, oregano).
- 2) The vegetables can be cut the night before.



Nutrition Facts Valeur nutritive

Per 1 serving (200 g)
pour 1 portion (200 g)

Calories 270	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 17 g	23 %
Saturated / saturés 8 g	40 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 13 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 220 mg	
Sodium 400 mg	17 %
Potassium 250 mg	5 %
Calcium 300 mg	23 %
Iron / Fer 1.25 mg	7 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu. 15% ou plus c'est beaucoup



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