



Nutrition Month 2010

Spinach and Cheese Strata

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| 1 | package (10 oz/284g) frozen spinach, thawed & drained | 1 |
| 2 tbsp. | butter | 30 mL |
| 8 | slices wholewheat bread, cubed | 8 |
| ¼ c. | finely chopped onion | 50 mL |
| 1 c. | grated cheddar cheese | 250 mL |
| 3 | eggs | 3 |
| 1 ½ c. | milk | 375 mL |
| ½ tsp. | ground pepper | 2 mL |

1. Lightly grease an 8x8x2-inch (2L) baking pan. Heat oven to 350°F.
2. Spread butter lightly on both sides of bread slices. Cube bread and put half of cubes on the bottom of the baking pan.
3. Next, chop drained spinach and put into a medium bowl. Add onion and cheese. Mix together. Spread mixture over bread.
4. Layer remaining bread cubes on top of spinach mixture.
5. Mix eggs, milk and pepper in a medium bowl and pour mixture over bread. Let stand 10 minutes.
6. Bake for 50-60 minutes. To see if it is ready, put a small knife in middle and if it comes out clean, the strata is done.