

Meals from Your Market

Hearty Meatless Strata

Ingredients

- 2 C of torn/semi dried bread pieces
- Swiss Chard—cleaned, stems removed, chopped into bite size pieces (about 10 oz)
- Bok choy—cleaned, chopped into bite size pieces (including stems—about 10 oz)
- 8 oz of any cheese (we used mozzarella)
- 4 beaten eggs
- 1 $\frac{3}{4}$ C fat free milk
- $\frac{1}{2}$ C fat free sour cream
- 1 chopped onion
- 1 tbsp Dijon style mustard
- $\frac{1}{4}$ tsp caraway seeds (crushed)
- $\frac{1}{8}$ tsp pepper

Instructions

1. Place 1 cup of the torn bread in a 2 qt baking dish (8x8 square).
2. Sauté onions until caramelized, add Swiss chard and bok choy and continue cooking for 4 minutes—make sure to stir often.
3. Allow the veggies to cool to the touch.
4. Top the bread with $\frac{1}{2}$ of your cheese and cooled, cooked veggies.
5. Place the remaining torn bread on top of the veggies, then top the bread with the remaining $\frac{1}{2}$ of cheese.



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6. In a mixing bowl (4 cup capacity) beat eggs then add milk, sour cream, pepper and caraway seeds.
7. Pour mixture above over bread/veggie/cheese layers.
8. Chill for 2 – 24 hours. (Isn't that cool you can prep this the day before?). At least 6 hours is optimal.
9. When ready cook at 325 for 50 – 55 minutes.
10. Check for doneness with a knife or toothpick. If it comes out clean, it is done.
11. Serve!

Adapted from BHG: New Cookbook – page 238

