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Baked cheese stratas

 10 ingredients or
less

Freezer-friendly



Kid-friendly

These stratas are sure to become a family favourite. Wake up to a delicious aroma by making them the night before and baking them in the morning.

**Prep time**

15 min

**Cook time**

35 min

**Servings**

4

Ingredients

- 2 slices whole grain bread
- 375 mL (1 ½ cups) chopped cooked broccoli
- 125 mL (½ cup) shredded lower fat old Cheddar or Swiss cheese
- 60 mL (¼ cup) chopped cooked turkey
- 30 mL (2 tbsp) chopped fresh parsley

- 190 mL ($\frac{3}{4}$ cup) skim milk
- 3 eggs
- 5 mL (1 tsp) Dijon mustard
- Pinch of ground black pepper

Directions

- 1 Preheat the oven to 190 °C (375 °F).
- 2 Cut bread into 1 cm ($\frac{1}{2}$ inch) cubes using a serrated knife and place in a large bowl. Mix in broccoli, cheese, turkey and parsley. Divide among four 250 mL (1 cup) ovenproof ramekins or bowls, and place on a small baking sheet.
- 3 In a separate bowl, whisk together milk, eggs, mustard, and pepper until well combined. Gently pour over top of each bread mixture; press down gently with a fork so the bread absorbs the egg mixture. Let stand for 15 minutes or alternatively, cover and refrigerate for up to 12 hours.
- 4 Bake in preheated oven for about 35 minutes or until puffed and edges are golden, and a knife inserted in centre comes out clean. Use a [digital food thermometer](#) to check that the eggs have reached an internal temperature of 74°C (165°F).

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Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the [Heart and Stroke Foundation](#).

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Tips

- Invite your little chefs into the kitchen. They can tear bread into pieces with their hands, grate cheese, and whisk the egg mixture and pour it over the bread mixture.
- Mix up the vegetables. Swap out broccoli for cauliflower, red peppers or mushrooms.
- If you don't have small ramekins, you can pour mixture in paper-lined muffin tins or in a small baking dish.
- Want to make this recipe vegetarian? Just leave out the turkey.

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