

# Overnight Asparagus Mushroom Strata



This recipe of my mom's is a colorful make-ahead dish that makes brunch a breeze! Substitute the asparagus with other veggies such as broccoli or zucchini, or add a cup of cooked diced ham or sausage for a non-vegetarian twist.

By Shandeen Gemanis

**Prep:** 25 mins  
**Cook:** 45 mins  
**Additional:** 8 hrs 5 mins  
**Total:** 9 hrs 15 mins  
**Servings:** 8  
**Yield:** 8 servings



## Ingredients

2 teaspoons butter, or as needed  
1  $\frac{3}{4}$  cups sliced crimini mushrooms  
5 English muffins, split and toasted  
1 cup shredded Colby-Monterey Jack cheese  
1 pound fresh asparagus, trimmed and cut into 1-inch pieces  
 $\frac{1}{2}$  cup chopped red bell pepper  
 $\frac{1}{2}$  onion, finely chopped  
8 eggs  
2 cups milk  
1 teaspoon salt  
1 teaspoon dry mustard powder  
 $\frac{1}{4}$  teaspoon ground black pepper  
1 cup shredded Colby-Monterey Jack cheese

## Directions

### Step 1

Melt the butter in a skillet over medium heat, and cook and stir the mushrooms until their liquid has mostly evaporated and the mushrooms are beginning to brown, about 10 minutes. Set the mushrooms aside.

### Step 2

Grease a 9x13 inch baking dish, and arrange 8 muffin halves, cut sides up, in the bottom of the dish. Stuff pieces of remaining muffins into the spaces between the halves. Spread 1 cup of Colby-Monterey Jack cheese over the muffins in a layer, and distribute the asparagus pieces, mushrooms, red pepper, and onion over the cheese.

### Step 3

Whisk together eggs, milk, salt, dry mustard, and black pepper in a bowl, and pour the egg mixture over the muffins and vegetables. Cover the dish, and refrigerate overnight.

### Step 4

The next day, preheat oven to 375 degrees F (190 degrees C).

### Step 5

Remove the casserole from the refrigerator and let stand for 30 minutes. Spread 1 cup of Colby-Monterey Jack cheese in a layer over the casserole.

### Step 6

Bake in the preheated oven until a knife inserted near the edge comes out clean, 40 to 45 minutes. Let stand 5 to 10 minutes before cutting into squares.

## Nutrition Facts

#### **nutrition facts**

**Per Serving:** 349 calories; protein 21.2g; carbohydrates 24.7g; fat 18.9g; cholesterol 226.2mg; sodium 784.9mg.

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