

Shrimp and Spinach Strata

Entrée

Serves 4

Prep time: 10 minutes

Cook time: 35-40 minutes

This savory bread and egg casserole tastes great for breakfast, brunch or dinner. Mix it up and try cooked lean sausage, onion and bell pepper instead of shrimp and spinach.

Ingredients

- 1 teaspoon butter
- 4 large eggs
- 2 teaspoons Dijon mustard
- 1 cup 1% lowfat milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups frozen, chopped spinach
- 1 cup shrimp, cooked, cut into bite-size pieces
- 1 teaspoon dry basil, or 1 tablespoon fresh basil, chopped
- 4 cups whole wheat bread, cubed (about 4 slices)
- 1 cup Italian blend cheese, divided

Preparation

Preheat oven to 350°F. Butter an 8-inch square baking pan and set aside.

In a large bowl, whisk together the eggs, Dijon mustard, milk, salt and pepper. Stir in spinach, shrimp, basil, bread and $\frac{3}{4}$ cup cheese. Let sit for 5 minutes so the bread can soak up some of the liquid.

Pour into the prepared baking dish. Bake for 45 minutes.

Remove from oven and top with the remaining 1/4 cup cheese. Bake for an additional 5-10 minutes until the cheese is melted and the strata has risen in the center. Let stand 5 minutes before serving.

Nutrition Information

Per serving: 330 calories, 15 g total fat, 7 g saturated fat, 705 mg sodium, 20 g carbohydrates, 4 g fiber, 28 g protein, 263 mg calcium

Provided by:
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