



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# **Single-Serving Scrumptious Strata**

### **Ingredients:**

- 2 whole eggs
- ¼ cup reduced-fat milk
- 1 slice whole-wheat bread, torn into small pieces
- ¼ cup sharp cheddar cheese, shredded
- ¼ cup diced onions (frozen is easiest)
- ¼ cup diced bell peppers (frozen is easiest)
- 1 pinch each of garlic, oregano and crushed red pepper
- Salt and pepper, to taste

*Serves 1*

*Nutrition: 389 calories, 23 g fat, 11 g saturated fat, 19 g carbohydrate, 3 g fiber, 27 g protein, 507 mg sodium*

*Source: Academy of Nutrition & Dietetics*

### **Directions:**

1. Spray an oven-safe glass dish with non-stick cooking spray and preheat oven or toaster oven to 350°F.
2. In a small mixing bowl, beat eggs and milk. Add veggies, cheese and bread and toss to coat.
3. Pour into prepared dish and bake for about 25 minutes, or until top is browned and knife inserted into the center comes out clean.

*Note: This recipe is flexible — feel free to change the vegetables to what you have on hand. It is also easily doubled (or quadrupled) to serve more people.*



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