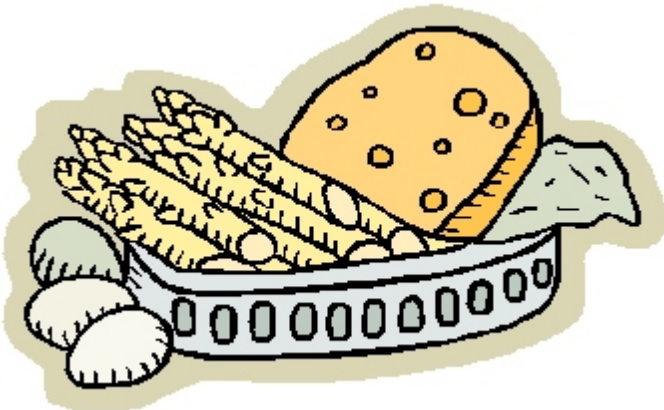


EGG AND CHEESE STRATA



6 slices day-old bread
3 tablespoons butter or margarine
1 cup shredded cheese
6 eggs, beaten
1½ cups skim milk
1 teaspoon dry mustard
½ teaspoon salt
⅛ teaspoon pepper

1. Butter bread; cut into small cubes.
2. Alternate layers of bread cubes and cheese in buttered 2-quart casserole or 9x13x2-inch pan.
3. Blend together eggs, milk and seasonings; pour over bread and cheese layers.
4. Cover and label with date and heating directions. Freeze (be sure to keep level).

To prepare for serving:

In refrigerator, thaw Egg and Cheese Strata. Bake at 350° Fahrenheit for 70 minutes or until golden brown. Makes 4 to 6 servings.

Enjoy with:

Ice-cold orange juice
Creamy yogurt with chunks of fruit

Nutrition Facts

| | |
|--|----------------------------------|
| Serving Size | 1 cup strata (166g) |
| Servings per Recipe | 6 |
| Amount per Serving | |
| Calories | 300 Calories from Fat 170 |
| %Daily Value* | |
| Total Fat 19g | 29% |
| Saturated Fat 11g | 55% |
| Cholesterol 50mg | 17% |
| Sodium 1010mg | 42% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 0g | 0% |
| Sugars 3g | |
| Protein 16g | |
| Vitamin A 25% • Vitamin C 0% | |
| Calcium 35% • Iron 4% | |
| * Percent Daily Values are based on a 2,000 calorie diet | |

Cook Once: Eat for 2 Weeks developed and presented by WIN the Rockies and the University of Wyoming Cooperative Extension *Centsible Nutrition Program*. For recipes visit www.uwyo.edu/centsible. For WIN the Rockies information visit www.uwyo.edu/wintherockies.