

Overnight Denver Breakfast Strata

Prep 15M | Cook 1H | Enjoy in 1H 15M (+Overnight)

The flavours of this breakfast strata are inspired by the classic Denver omelette. This dish can be completely assembled and refrigerated overnight and baked in the morning, making it a great choice for breakfast on Christmas morning.

INGREDIENTS

- 1 tbsp butter
- 1 ½ cups chopped onion
- 1 cup diced green bell pepper
- 1 cup diced red bell pepper
- 1 ½ cups diced ham
- 10 large eggs
- 2 cups milk
- 1 tsp Worcestershire sauce
- ½ tsp salt
- ½ tsp freshly ground pepper
- ½ tsp dry mustard
- ¼ tsp garlic powder
- ¼ tsp cayenne (optional)
- 6 cups cubed whole wheat bread
- 1 ½ cups shredded cheddar cheese

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DIRECTIONS

1. Heat butter in a large frying pan over medium heat. Add onion and peppers and cook until softened, about 5 minutes. Remove from heat and set aside to cool.
 2. In a large bowl, whisk together eggs, milk, Worcestershire sauce, salt, pepper, dry mustard, garlic powder and cayenne. Set aside.
 3. Place half of bread cubes in a greased 9 x 13 inch baking dish. Sprinkle with half of vegetable mixture and half of cheese. Repeat layers.
 4. Pour egg mixture evenly over bread and vegetables. Press mixture down gently with a spatula to ensure all pieces are coated with eggs.
 5. Cover and refrigerate overnight.
 6. Remove from refrigerator and let stand for 20-30 minutes at room temperature. Meanwhile preheat oven to 375°F.
 7. Bake, uncovered, until eggs are set and strata is lightly browned around the edges, about 45-60 minutes.
 8. Let cool for 5-10 minutes before serving.
 9. Serve and enjoy!
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NUTRITIONAL FACTS

Serves 8 (1½ cups per serving)

Nutritional analysis per serving: 428 calories, 20 g fat, 28 g protein, 33 g carbohydrate (28 g available carbohydrate), 5 g fibre, 1036 mg sodium