

Bell Pepper and Vidalia Onion Strata with Fresh Salsa

Rating: ★★★★★

Prep time: 1 hour, 0 minutes

Makes: 4 Servings

Loaded with sweet Vidalia onions and bell peppers, this delicious baked breakfast or brunch dish can be assembled ahead of time, leaving just the baking for the morning.

Ingredients

- 1 Vidalia onion (divided)
- 1/2 red bell pepper (sliced vertically)
- 1/2 green bell pepper (sliced vertically)
- 1 **tablespoon** olive oil
- 4 large eggs
- 4 egg whites
- 1/2 **cup** fat-free (skim) milk
- 1/8 **teaspoon** ground black pepper
- cooking spray
- 4 slices whole-grain bread (4-6 slices, dry or toasted, cubed)
- 1/2 **cup** reduced-fat Italian blend cheese
- 10 cherry tomatoes (or 2 tomatoes)
- 1 garlic clove

Directions

1. Pack rack in center of oven and preheat oven to 350 °F.
2. Cut Vidalia onion into slices vertically; reserve about 1/4



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	9 g	14%
Protein	19 g	
Carbohydrates	21 g	7%
Dietary Fiber	4 g	16%
Saturated Fat	2 g	15%
Sodium	371 mg	13%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 ounce
Protein Foods	2 ounces
Dairy	1/4 cup

of onion. Heat oil in a 10-inch non-stick skillet. Sauté onion and pepper slices for 5-8 minutes, until tender and just starting to brown. Remove from heat.

3. Beat eggs, milk, and pepper in large bowl, set aside.

4. Spray 8' or 9' baking pan (square or round) with cooking spray.

5. Arrange bread cubes in bottom of pan. Sprinkle with shredded cheese.

6. Add sautéed vegetables and pour in egg mix.

7. Bake uncovered for 45 minutes, until set. Egg dishes should be cooked to 160 °F.

8. While strata is baking, prepare salsa, by dicing and mixing cherry tomatoes, garlic, and remaining Vidalia onion.

Notes

Serving Suggestions: Serve with 8 oz glass of fat-free (skim) milk and 1/2 cup cantaloupe chunks

Produce for Better Health Foundation