

It's a Meal Strata

 MENU IDEA: It's-A-Meal Strata, Banana or Blueberry Muffins, Orange or Banana Slices, Nonfat Milk

Ingredients:

- 1 teaspoon vegetable or canola oil
- 3 cups sliced or chopped vegetables
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 1 3-ounce package (or ½ of 8-ounce package) light cream cheese (also called Neufchâtel), softened
- 3 eggs
- 1 cup cubed day-old bread (about 1 slice)
- ½ cup cubed cooked ham
- ¼ teaspoon pepper
- ¼ cup shredded Cheddar cheese


Directions:

1. Preheat oven to 350°F.
2. Cut the vegetables so they are about the same size.
3. In a large skillet, heat oil over medium-high heat. Add the vegetables and garlic and cook, stirring occasionally, until vegetables are tender. Turn off heat and pat the vegetables with paper towels to remove the moisture. Set aside.
4. In a large bowl, beat the cream cheese until smooth. Add eggs and beat well.
5. Stir in vegetables, bread, cubed ham, and pepper.
6. Pour into a greased 8"x 8" baking dish or small casserole dish.
7. Bake, uncovered, for 10 to 15 minutes or until the egg mixture doesn't jiggle. Remove from heat, sprinkle on the cheese and let stand for 5 to 10 minutes before serving.

Cooking Tips

- Use whatever fresh or frozen vegetables you have available. Frozen vegetables should be thawed first.
- Putting the cheese on top lets you use less cheese, but still gives you a cheesy flavor and appearance.
- To reduce the amount of sodium, omit the ham and cheese or use less.

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