



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Spinach & Cheese Strata**

Adapted from Cooking Light

- 1½ tbsp olive oil, divided
- 2 small onions, chopped
- 2 cups thawed, frozen spinach (with any excess water squeezed out)
- 1 cup chopped tomatoes
- 1 tsp kosher salt, divided
- ¾ pound (~¾ loaf) fresh bread (ciabatta, baguette, sourdough loaf, etc.), cut into 1 inch cubes
- 4 ounces cheese (cheddar, fontina, brie, etc.), roughly chopped
- 6 large eggs
- ½ tsp dried oregano
- ½ tsp dried thyme
- ¼ tsp ground black pepper
- 3 cups low fat milk

### **Instructions:**

Heat 1 tbsp oil in a large sauté pan over medium-high heat; add onions and cook until tender. Add in spinach, tomatoes, and ½ tsp salt and cook for about 3 minutes more. Place the bread cubes into a large bowl and toss in the spinach vegetable mixture; stir gently until fully incorporated.

Coat a 13 x 9 baking dish with ½ tbsp oil. Place ½ of the bread mixture into the baking dish and top with ½ the cheese. Top with the remaining bread mixture and then the remaining cheese.

Whisk the eggs together in a medium bowl and then mix in the spices, black pepper, ½ tsp remaining salt, and milk. Pour the egg mixture over the bread and let stand for 30 minutes. Meanwhile, preheat the oven to 350 degrees. Bake for about 50 minutes or until the eggs are fully set.

**Yield:** 8 servings

### **NUTRITION INFORMATION PER SERVING:**

CALORIES: 320 calories	PROTEIN: 18 g	SODIUM: 680 mg
	CARBOHYDRATE: 29 g	FIBER: 3 g
	FAT: 13 g	Sat Fat: 5 g

### **MAKE IT A MEAL:**

**Entrée:** 1 serving spinach & cheese strata

**Starchy Vegetable:** ½ cup peas (50 calories)

**Fruit:** 1 cup fruit salad (can be canned if in its own juices or water) (120 calories)

### **GROCERY SHOPPING LIST**

Onions

Tomatoes

Frozen spinach

Frozen peas

Canned fruit salad in own juices or water

Fresh loaf of bread

Low fat milk

Cheese

Eggs

*Condiments:* olive oil; kosher salt; black pepper; dried oregano; dried thyme