

■ June 2009 Recipe ■

GREEN CHILE AND CHEDDAR STRATTA

INGREDIENTS:

5 slices whole wheat bread, quartered
1 (4 oz.) can mild green chilies drained and chopped
1/2 C. shredded reduced fat cheddar cheese
3 scallions thinly sliced
1/2 C. chopped fresh cilantro
2 C. low fat (1%) milk
2 large eggs
3 egg whites
1/2 tsp. hot pepper sauce or to taste
1/4 tsp. salt
1/4 tsp. freshly ground pepper



DIRECTIONS:

Preheat oven to 350 degrees.

Spray a 2 quart baking dish with nonstick spray. Arrange the bread pieces in the baking dish overlapping them slightly; scatter the green chilies, cheddar, scallions and cilantro on top of the bread.

Whisk together the milk, eggs, egg whites, pepper sauce, salt and pepper in a medium bowl until blended. Pour evenly over the bread and let stand for at least 1 hour OR refrigerate up to overnight!

Bake the stratta until puffed and golden brown and a knife inserted into the center comes out clean, 40 to 45 minutes.

Let stand for 10 minutes and serve; enjoy!

Recipe is courtesy of my niece, and new mother, Meri Yeoman! It is delicious!

*Thought for the Day
In Honor of Father's Day*

*A father carries pictures
where his money used to be.*

— Author Unknown