



Day 22

Low-fat Strata (egg bake) with spinach and meat for brunch

**Reworked from America's Test Kitchen Cookbook –Spinach and Gruyere Strata*

8-10 1/2-inch thick slices stale French or Italian bread slices (6-7 ounces) (no fat)

2T Olive oil, safflower oil or canola oil

4 medium shallots, minced (about 1/2 c)

10 oz frozen chopped spinach, thawed and squeezed dry

Salt and black pepper to taste

1 cup medium-dry white wine, Sauvignon Blanc is best

8 oz EACH Fat free mozzarella, grated (about 1-1/2 cups), very lean meat

2 oz Grated Parmesan cheese

1-1/4 cups Skim milk

9 Large egg whites + 1 whole egg

Adjust oven rack to middle position and heat oven to 225 degrees. Arrange bread in single layer on large baking sheet and bake until dry and crisp, about 40 minutes, turning slices over halfway through drying time.

ASSEMBLE:

Heat oil in nonstick skillet over medium heat. Sauté shallots until fragrant and translucent, about 3 minutes.

- Add spinach and salt and pepper to taste and cook, stirring occasionally, until combined, about 2 minutes. Transfer to medium bowl; set aside.
- Add wine to skillet, increase heat to medium-high, and simmer until reduced to 1/4 cup, 2 to 3 minutes. Set aside.
- Spray with cooking spray, 8-inch square baking dish. Arrange half of bread slices, in single layer in dish. Sprinkle half of spinach mixture, then 1/2 cup grated cheese evenly over bread slices.
- Arrange remaining bread slices in single layer over cheese; sprinkle remaining spinach mixture and another half cup cheese evenly over bread.
- Whisk eggs in large bowl until combined. Whisk in reduced wine, milk, 1 tsp. salt, and pepper to taste. Pour egg mixture evenly over layers.
- Cover surface flush with plastic wrap. Weigh the strata down with another 8-inch square baking dish containing one or two 1-lb boxes of brown sugar or equivalent, and refrigerate at least 1 hour or freeze like this immediately.

Day 22 (page 2)

Low-fat Strata (egg bake) with spinach and meat for brunch

***Reworked from America's Test Kitchen Cookbook –Spinach and Gruyere StrataBAKE:**

Remove dish from refrigerator and let stand at room temperature 20 minutes. Meanwhile, adjust oven rack to middle position and heat oven to 325 degrees.

- Uncover strata and sprinkle remaining cheese evenly over surface.
- Bake until both edges and center are puffed (not just the edges) and edges have pulled away slightly from sides of dish, 50 to 55 minutes (or about 60 minutes for doubled recipe). Cool on wire rack 5 minutes; serve warm

©Copyright May, 2003 – 2018. Patricia Holmes, www.fondant.com.

Spirit Bear Fondant.com, LLC --- All rights reserved, expressed or implied.