Super Greens Strata

INGREDIENTS

- 6 eggs
- ¾ cup frozen spinach and/or kale
- 2 cups milk or unsweetened non-dairy milk
- 1 clove garlic, minced
- ½ onion, diced
- Pinch of nutmeg, cayenne
- 8 ounces (2.5 cups packed stale bread)
- ¾ cup cheese of choice
- 1 cup canned beans or crumbled tofu/tempeh
- 1 tsp salt
- ½ tsp pepper

DIRECTIONS

1. Preheat oven to 350°F.

2. Heat olive oil in sauté pan and cook garlic and onion until fragrant and slightly brown.

3. Whisk the eggs, sautéed onion and garlic, milk, nutmeg, cayenne, 1 teaspoon salt and 1/2 teaspoon pepper together in a large bowl. Fold the greens, beans/tofu/tempeh, bread and 1/2 cup of the shredded cheese into the mixture. Pour into the prepared baking dish and top with the remaining cheese.

4. Cover with foil and bake for 35 minutes. Uncover and bake until the strata is puffed, golden brown at the edges and set in the center, about 15 minutes more. Let cool 10 minutes before serving.