



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

Vegan Strata

INGREDIENTS

- 2 16-ounce blocks silken tofu
- 2/3 cup nutritional yeast
- 1/3 cup flour of choice
- 3 cloves garlic
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon Italian herb seasonings
- 3/4 teaspoon salt
- Black pepper, to taste
- 280 g whole wheat bread, torn or cubed
- 1 cup frozen spinach

DIRECTIONS

1. Preheat the oven to 350°F and line or spray a 9×9" baking pan
2. Add the tofu, nutritional yeast, flour, garlic cloves, turmeric, Italian herbs, salt, and pepper to a high-speed blender or food processor. Blend until the mixture is thick and creamy, about 45 to 60 seconds.
3. Evenly sprinkle the bread across the base of the baking tray along with the spinach. Pour blended mixture over spinach and bread and incorporate well; smooth top.
4. Bake in the middle rack of the oven for 45-50 minutes, or until the top is browned and firm. Let sit for 5 minutes, then slice and serve. Keep leftovers in fridge for up to a week or freeze well-wrapped for up to a month!