

# Veggie Strata

(Adapted from a recipe by Deborah Madison)

**Instructions:** Sauté onion until tender then add other vegetables and seasonings.

1 bunch green onions or 1 onion, chopped  
4 C. corn or other chopped vegetables (zucchini, broccoli, greens, peppers, cauliflower, etc.)  
½ tsp. salt  
Freshly ground black pepper, to taste  
1 tsp.- 1 Tbsp. herbs and spices (chili powder, basil, paprika, garlic, curry etc)

**Instructions:** Mix in large bowl.

4 eggs  
2 ½ C. milk  
5 C. cubed bread (crusts included)  
1 C. grated cheese (extra sharp cheddar is good)

**Instructions:** Mix all. Pour into oiled 9x13 pan. Top with sliced tomatoes, if desired. Sprinkle with more herbs.  
Bake at 375 degrees until puffed and browned, about 45 minutes.  
Makes approximately 6-8 servings.



## **Tips:**

- This recipe is a great way to use old bread and leftover vegetables. A firm bread works best, but any combination can be used.
- This dish is good as breakfast, lunch, and dinner. The leftovers are tasty too!
- The strata can be baked immediately or can be refrigerated overnight and baked the next day.

This handout is brought to you by  
Vanessa Reichmann and USU  
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