



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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# Vegetable Strata



1 teaspoon canola or vegetable oil  
3 cups chopped vegetables (onion, bell pepper, zucchini, etc.)  
1 clove garlic, chopped  
3 oz. light (Neufchatel) cream cheese, softened

3 eggs  
1 cup cubed whole wheat bread  
1/8 teaspoon pepper  
1/3 cup shredded Cheddar cheese

**Instructions:** Wash hands with soap and water. Preheat oven to 350°F. In a large skillet, heat oil over medium-high heat. Add the vegetables and garlic and cook, stirring occasionally, until vegetables are tender. Set aside to cool. In a large bowl, whisk the cream cheese until smooth. Add eggs and whisk well. Stir in vegetables, bread, and pepper. Pour into greased 8x8-inch baking dish. Bake, uncovered, for 15 minutes. Remove from heat, sprinkle on the cheese and bake in the oven for an additional 5 minutes or until egg mixture is set, and cheese is browned.

*Yield: 4 servings*

**Nutrition Facts** (per serving): 200 calories, 11 grams fat, 280 milligrams sodium, 15 grams carbohydrate, 3 grams fiber, 12 grams protein