

## *Most Egg-cellent Breakfast Strata*

- 3 C low-fat herb-seasoned croutons
  - 8 oz Italian turkey sausage links
  - 1 C diced zucchini
  - 1/2 C minced onions
  - 1/2 C diced red bell pepper
  - 1 C packed shredded light sharp cheddar cheese (4 oz)
  - 8 eggs
  - 1 C 2% evaporated milk
  - 1/4 t each salt and pepper
1. Spray an 11x7" casserole dish with cooking spray.
  2. Spread croutons evenly in bottom of dish. Set aside.
  3. Spray a medium skillet with cooking spray.
  4. Remove and discard casing from sausage. Break or cut sausage into small pieces and add to skillet. Cook over medium-high heat until no longer pink, breaking up any large pieces.
  5. Add zucchini, onions and red pepper.
  6. Reduce heat to medium.
  7. Cook and stir for about 3 more minutes, until vegetables begin to soften.
  8. To assemble strata, spoon sausage mixture evenly over croutons. Top with shredded cheese.
  9. Whisk together milk, eggs, salt and pepper in a medium bowl.
  10. Pour egg mixture evenly over sausage and vegetables.
  11. Let strata stand for 15 minutes while you preheat oven to 350°.
  12. Bake, uncovered for 30-35 minutes, until eggs are completely set.
  13. Let stand 5 minutes before serving.

Note: I used regular croutons, regular sausage, and whole milk.