

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/brunch-strata-egg-bake>

Brunch Strata Egg Bake

Prep time: 60 minutes active

Servings: 8

Sweet or savory, gluten-free or not, our classic brunch strata recipe satisfies everyone at the table with easy-to-digest Green Valley Creamery Plain Kefir and loads of flavor from robust combinations of fruits, veggies, nuts, herbs, and spices. Each strata begins with our creamy kefir, whisked with farm fresh eggs for a smooth, velvety custard that bakes up light as air; and all go gluten-free by substituting gluten-free bread for regular. For an added bonus, our brunch stratas can be prepped the night ahead, leaving you more time with your guests. Or in isolated splendor with your second cup of coffee.

Shared by Green Valley Creamery

Ingredients

Savory Strata Egg Bake with Caramelized Onions, Garlic & Greens

3 Tbsp. Green Valley Organics Lactose-Free Butter

2 large onions, thinly sliced

1 clove garlic, minced

1 Tbsp. chopped fresh thyme or 1 tsp. dried thyme

zest from one lemon (about 2 tsp.)

10 eggs

2 cups Green Valley Creamery Lactose-Free Plain Kefir

1 tsp. salt (to taste)

1 tsp. freshly cracked black pepper (to taste)

1/4 tsp. freshly grated nutmeg

3 cups thinly sliced leafy greens (spinach, chard, kale [de-ribbed])

6 cups cubed day-old bread, cut into 1-inch cubes* (gluten-free or regular artisan-style bread, like challah, whole grain, French or Italian Loaf or ciabatta)

*If you don't have day old bread, spread bread cubes on a baking sheet and bake in a 250°F oven for 10 minutes to dry out. The drier the

bread, the more custard it will soak up.

Add-in variations to replace caramelized onions, leafy greens and nutmeg:

1 cup chopped roasted red peppers, 3 cups sliced fresh spinach and 1 bulb roasted garlic, chopped

1 pound cooked Italian or breakfast, vegetarian or regular sausage (drained), 1/2 cup mild diced green chiles, 1 medium onion, chopped and sautéed

1/4 cup pesto (whisked in with the eggs and kefir), 2 cloves garlic sautéed with 2 cups sliced zucchini and 1 cup diced tomatoes (fresh or canned [drained])

Sweet Brunch Strata with Apples, Dried Cranberries and Cinnamon

3 Tbsp. Green Valley Creamery Lactose-Free Butter

4 medium apples, cored and thinly sliced

1/2 cup dried cranberries

3 Tbsp. maple syrup or brown sugar

10 eggs

2 cups Green Valley Creamery Lactose-Free Plain Kefir

1/3 cup sugar, agave or honey

juice and zest of one orange

2 tsp. vanilla extract

2 tsp. ground cinnamon

6 cups cubed day-old bread, cut into 1-inch cubes* (gluten-free or regular artisan-style bread, like challah, whole grain, French or Italian Loaf or ciabatta)

1 Tbsp. raw cane sugar

Optional: 2 (6 oz.) containers Green Valley Creamery Lactose-Free Honey Yogurt mixed with 1 tsp. ground cinnamon for a quick easy topping

Instructions

Savory Strata Egg Bake with Caramelized Onions, Garlic & Greens

1. Heat oil in a sauté pan over medium heat. Add onions, stirring to coat evenly. Cook slowly over medium-low heat, 20 to 25 minutes, until browned

and caramelized, stirring every 5 to 10 minutes. A few minutes before the onions are done, stir in garlic and thyme.

2. Whisk together eggs with kefir, salt, pepper and nutmeg.
3. Spray 9X13 baking dish with cooking spray. Put 2/3 of the bread on the bottom of the baking dish. Top with caramelized onions and greens.
4. Pour custard mixture over the bread and vegetables. Top with remaining bread and gently press with a spatula to make sure the bread is covered with the custard. Cover with plastic wrap and refrigerate 8 hours or overnight.
5. Preheat oven to 325°F, remove plastic wrap and bake strata uncovered 40 to 45 minutes, until puffed, golden, and the eggs are set.
6. Serve warm garnished with fresh herbs.

PER SERVING: 310 CAL; 16G PROT; 11G TOTAL FAT (2G SAT. FAT); 34G CARB; 233MG CHOL; 218MG SOD; 3G FIBER; 5G SUGARS

Sweet Brunch Strata with Apples, Dried Cranberries and Cinnamon

1. Heat butter in a sauté pan over medium heat. Add apples, stirring to coat evenly. Cook over medium-low heat, for 8 to 10 minutes, until softened. Stir in cranberries and maple syrup and cook 2 to 3 minutes longer. Remove from heat.
2. Whisk together eggs with kefir, sugar, orange juice and zest, vanilla and cinnamon.
3. Spray 9X13 baking dish with cooking spray. Put 2/3 of the bread on the bottom of the baking dish. Top with apples and cranberries.
4. Pour custard mixture over the bread and apples. Top with remaining bread and gently press with a spatula to make sure the bread is covered with the custard. Cover with plastic wrap and refrigerate 8 hours or overnight.
5. Preheat oven to 325°F, remove plastic wrap and sprinkle with sugar. Bake uncovered 40 to 45 minutes, until puffed, golden, and the eggs are set.
6. Serve warm with Green Valley Creamery Honey Yogurt mixed with cinnamon.

*If you don't have day old bread, spread cubed bread on a baking sheet and bake in a 250°F oven for 10 minutes to dry out. The drier the bread, the more custard it will soak up. PER SERVING (with 1.5 oz. yogurt sauce): 384 CAL; 14G PROT; 9G TOTAL FAT (3G SAT. FAT); 44G CARB; 236MG CHOL; 223MG SOD; 5G FIBER; 31G SUGARS

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Sweet Strata Egg Bake