



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Egg and Cheese Strata*

- 6 slices day-old whole wheat bread
- 3 tablespoons soft-tub margarine
- 1 cup shredded cheese
- 6 eggs, beaten
- 1 ½ cups lowfat milk
- 1 teaspoon dry mustard
- ⅛ teaspoon pepper

1. Butter bread; cut into small cubes.
2. Spray a 9x13 inch pan with non-stick spray. Alternate layers of bread cubes and cheese into pan.
3. Blend together eggs, milk, and seasonings; pour over bread and cheese layers.
4. Cover and refrigerate several hours or overnight.
5. Bake in preheated 350° F oven for 70 minutes or until golden brown. Makes 6 servings.

Nutrition Facts

Serving Size: 1 cup (159g)

Servings: 6

Amount Per Serving

Calories 290 Calories from Fat 160

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 210mg **70%**

Sodium 400mg **17%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 15g

Vitamin A 10% ■ Vitamin C 0%

Calcium 25% ■ Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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