

Sausage Breakfast Strata

Minutes to Prepare: 20

Minutes to Cook: 35

Number of Servings: 8

Ingredients

- 1 1 package (12 links) precooked maple flavored breakfast sausage, chopped into little pieces.
- 2 1 bell pepper, chopped (about 1 cup)
- 3 1 medium onion, chopped (about 1/2 cup)
- 4 1 garlic clove, minced
- 5 8 eggs
- 6 3 cups skim milk (or 1 can evaporated plus 1 can water)
- 7 1/4 teaspoon powdered Chipotle powder
- 8 1 teaspoon Worcestershire Sauce
- 9 1/2 teaspoon dry mustard
- 10 1/2 teaspoon black pepper
- 11 5 cups whole-grain homemade bread, cubed.
- 12 1 1/2 cup shredded low-fat pepper Jack or Cheddar cheese

Use a dense bakery-style bread rather than soft sandwich bread in this recipe.

Directions

Preheat the oven to 350 degrees F if you're making this in the morning rather than the night before.

Coat a 9"x13" baking dish with nonstick cooking spray.

Spray large frying pan with cooking spray. Cook the onions, bell pepper and garlic. Cook for three minutes, until the vegetables start to soften, then add the chopped sausage. Cook another two minutes, until the everything is bubbly. Remove from heat.

Transfer the veggies and meat to a medium bowl to speed up the cooling process.

While the meat and veggies are cooling, combine eggs with milk in a medium mixing bowl. Stir in seasonings to this mixture.

Layer three cups of the bread in the bottom of the baking dish. Spoon the veggies and sausage over the bread, then sprinkle on half the cheese. Carefully pour the eggs and milk into the dish, then top with the remaining bread cubes and cheese.

Use the back of a serving spoon to press down on the layers to help the bread soak up the eggs.

Cover the dish and refrigerate for up to 24 hours.

When you're ready to bake the dish, preheat the oven to 350 degrees. Bake the casserole 35-40 minutes, until the eggs are no longer runny and the bread is golden brown.

Serving Size: Makes 8 servings