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DIET CENTER

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BUTTERNUT SQUASH & VEGETABLE STRATA

Final Lifestyle

Ingredients

1 TSP olive oil	½ cup shredded reduced-fat cheddar cheese
½ cup diced onion	¼ cup grated Parmesan cheese
2 cups diced zucchini	2 whole eggs, beaten
3 cups diced butternut squash	2 egg whites, beaten
½ cup diced red bell pepper	1 TBS Dijon mustard
3 garlic cloves, chopped	½ TSP ground mustard seed
10 slices 40- or 50-calorie whole wheat bread, cubed*	¼ TSP pepper
½ cup dried cranberries	1-1/2 cups fat-free milk

Instructions

1. Heat the oil in a large nonstick skillet over medium-high heat. Add the onion, zucchini, squash, bell pepper and garlic, and cook for 5 minutes.
2. Place the bread cubes in a 13" x 9" baking dish coated with cooking spray.
3. Spoon the vegetable mixture over the bread cubes.
4. Top the vegetables with the cranberries, cheddar and Parmesan.
5. Combine the eggs, egg whites, mustards, pepper and milk in a bowl, and pour evenly over the bread and vegetables. Cover and chill for 1 hour.
6. Preheat the oven to 350°. Bake, uncovered, for 40 minutes or until bubbling and browned on top.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1/8 portion = 1 V, 1 M, ½ GR*

*If you use regular whole wheat bread, instead of the lower calorie bread, consider it 1 full Grain.