Breakfast Egg Strata

https://moneysmartfamily.com/money-saving-tips/vegetarian-main-dish-recipes/#breakfast-egg-strata

This is a great way to have a nutritious breakfast all in one pan. It is also the perfect breakfast if you need to feed 8-10 people. And it's a good way to include some of your garden-fresh veggies also.

This recipe can be prepared the night before and left in the refrigerator until morning (this may increase your cooking time by 10 minutes), or prepared in the morning — only requiring an hour from preparation to the table (that is if you don't take too long mixing it up).

Ingredients:

- 2 Cups of Veggies (any combination of Mushrooms, Peppers, Zucchini, Spinach, Asparagus, Swiss Chard leaves, etc)
- 5 Slices of Bread (broken into bite-sized pieces)
- 1⁄2 Cup Green Onions
- 8 Eggs
- 2 Cups Cheese (your choice)
- 2 Cups Milk
- Dash of Salt and Pepper

Directions:

In a large bowl toss together the veggies, bread pieces, and green onions. Grease a 9 x 13 baking pan with soft butter or spray with a non-stick cooking spray.

Place the veggies and bread mixture into the pan.

In a large bowl stir together the eggs, cheese, milk, and salt and pepper. Pour this over ingredients in the pan.

Set aside for 10 minutes then bake for 30 minutes at 350º.

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