

# tomato cheese *Strata*



Serves 4-6

## Ingredients

4 - 5 slices French bread	1/3 cup (170 g) onion, chopped
1 clove garlic, crushed	2 tsp. (10 g) sugar
1 ½ tsp. (8 g) salt	1 tsp. (5 g) oregano
1 lb (454 g) mozzarella, sliced	4 slices of crisp bacon
3 eggs, beaten	Pepper to taste
8 medium Paysanne tomatoes, sliced	
6 tbsp. (90 g) butter, to coat cookie sheet	
1 medium Paysanne red bell pepper, sliced	

## Method

1. Preheat oven to 400°F/205°C.
2. On a large greased cookie sheet, bake slices of bread in the oven until toasted. Cut the bread into 1" cubes.
3. Sauté Paysanne bell pepper, onion, garlic, sugar, salt and oregano until the peppers are tender.
4. Place bread cubes, bacon and sautéed vegetables in a greased baking pan. Pour beaten eggs over bread mix.
5. Arrange the Paysanne tomatoes and cheese slices over bread mix.
6. Bake at 400°F/205°C until cheese is melted.
7. Serve with your favourite salad mixed with Paysanne vegetables.

## Flavor note

"Strata" or "Stratta" is a casserole dish similar to a quiche, but without the crust. Strata is generally made from a mixture mainly consisting of bread, eggs and cheese. It may also include meat or vegetables.

## Nutritional Facts per serving (463 g): Calories 240

Fat 44 g (68 %), Saturated Fat 25 g + Trans Fat 1 g (130%),  
Cholesterol 235 mg, Sodium 1760 mg (73 %), Carbohydrate 47 g  
(16 %), Fiber 5 g (20%), Sugars 9 g, Protein 33 g, Vit A (20 %),  
Vit C (80 %), Calcium (60 %), Iron (20 %).

% = % Daily Value



tomato  
cheese  
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