

Natrel[®]

Kale and Egg Stratta

This typical Italian egg casserole is sure to become a brunch favourite. It's easy to prepare the night before, so all you have to do is pop it in the oven before the guests arrive. Say good morning with kale!



SERVES
12



PREPARATION TIME
15MIN.



COOKING TIME
60MIN.



COOLING TIME
255MIN.

Ingredients

10 eggs, lightly beaten
3 cups Natrel Fine-filtered Milk
6 cups stale whole-wheat or multigrain bread, in cubes
4 cups chopped kale
360 g ham, cut into strips (julienne)
2 cups grated aged cheddar cheese
2 tbsp Dijon mustard
Salt and pepper

Preparation

1. In a large bowl, blend eggs and milk. Add lots of pepper and a little bit of salt. Stir in rest of ingredients to blend.
2. Spread evenly in 13" x 9" baking dish. Cover with plastic wrap and refrigerate 4 hours or overnight. If pressed for time, allow at least 1 hour for bread to soak.
3. Place rack in center of oven. Preheat to 350°F.
4. Remove plastic wrap and bake approx. 1 hour or until stratta is well cooked in the centre. Allow to cool for 10 minutes; serve with a green or tomato salad.