

# Bell Pepper and Vidalia Onion Strata with Fresh Salsa



*Loaded with sweet Vidalia onions and bell peppers, this delicious baked breakfast or brunch dish can be assembled ahead of time, leaving just the baking for the morning.*

## Ingredients

- 1 Vidalia onion (divided)
- 1/2 red bell pepper (sliced vertically)
- 1/2 green bell pepper (sliced vertically)
- 1 tablespoon olive oil
- 4 large eggs
- 4 egg whites
- 1/2 cup fat-free (skim) milk
- 1/8 teaspoon ground black pepper
- Cooking spray
- 4 slices whole-grain bread (4-6 slices, dry or toasted, cubed)
- 1/2 cup reduced-fat Italian blend cheese
- 10 cherry tomatoes (or 2 tomatoes)
- 1 garlic clove

## Nutrition

Servings: 4  
Calories: 240  
Fat: 9 g  
Protein: 19 g  
Carbohydrates: 21 g  
Dietary Fiber: 4 g  
Sodium: 371 mg

## Directions for the Cauliflower Crust

1. Pack rack in center of oven and preheat oven to 350°F.
2. Cut Vidalia onion into slices vertically; reserve about 1/4 of onion. Heat oil in a 10-inch non-stick skillet. Sauté onion and pepper slices for 5-8 minutes, until tender and just starting to brown. Remove from heat.

*Cooking instructions on next page »*

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3. Beat eggs, milk, and pepper in large bowl, set aside.
4. Spray 8' or 9' baking pan (square or round) with cooking spray.
5. Arrange bread cubes in bottom of pan. Sprinkle with shredded cheese.
6. Add sautéed vegetables and pour in egg mix.
7. Bake uncovered for 45 minutes, until set. Egg dishes should be cooked to 160°F.
8. While strata is baking, prepare salsa, by dicing and mixing cherry tomatoes, garlic, and remaining Vidalia onion.