



Vegetable Egg Strata

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See the original post including this recipe at www.reverycloud.com/vegeggstrata.html

Prep Time: 10 to 20 minutes

Cook Time: 20 minutes

Serves: 4

A great recipe to use at the end of the week with leftover vegetables and bread. So easy to switch up the combination to include family favorites and bake for breakfast lunch or dinner. Egg strata is great for baby-led weaning and toddlers! Just take into account possible allergies if baby has not had specific vegetables or eggs and log in a food journal if necessary. If there are ever concerns of possible food allergies, please consult your child's pediatrician prior to introducing new foods.

Ingredients

- ½ tbsp Olive Oil (if roasting vegetables)
- 1 ½ cups cooked vegetables of choice
 - Example veggie combo is: 1 cup sweet potatoes with ½ cup kale, broccoli, and diced carrots
- 1 tsp basil (or herb of choice)
- ½ cup shredded cheese
- 4 eggs
- 1 ½ cups breadcrumbs
 - I used approximately 1 ½ whole wheat english muffins torn into pieces
- You will also need
 - 8x8 baking dish
 - Oil to grease baking dish (I use coconut oil)

Directions

1. Preheat Oven to 190c / 375f
2. Grease the sides and bottom of an 8x8 baking dish (I use coconut oil on a glass dish)
3. Break bread into small pieces to evenly coat the bottom of the baking dish
4. Dice vegetables and cook until soft via steaming, baking or frying in olive oil until soft or wilted
5. Add cheese and cooked vegetables to a mixing bowl and fold in eggs evenly
6. Pour mixture over the top of the bread in the baking dish and spread evenly
7. Allow to rest for one minute while the bread begins to soak up the egg mixture
8. Sprinkle ground basil or an herb best suited for your vegetable mixture lightly over the top
9. Bake for 20 minutes
10. Remove from dish, allow to cool briefly and cut into portions
 - a. For toddlers it works well to cut into 1x1 squares as they cool quickly and are easy to hold
11. Best if eaten immediately, but can be stored in an airtight container in the fridge for up to 2 days

Variations

- Add in additional protein like bacon pieces, turkey sausage, or cooked beans
- Create a spicy dinner favorite by using a base of cornbread with a combination of peppers, onions and black olives. Top with a dollop of sour cream and green onions and enjoy. The possibilities are endless!