

# The Art of Cuisine



## Sunday Mexican Sausage Strata

**Active Time:** 30 Minutes

**Total Time:** 1 Hours & 15 minutes

**4 servings**

The "strata" in this classic casserole are layers of bread, cheese, and sausage baked in an egg-rich pudding. Make Ahead Tip: Prepare through Step 4 the night before serving.

### INGREDIENTS

- 1/4 pound turkey breakfast sausage, diced or crumbled
- 2/3 medium onions, chopped
- 1/3 medium red bell pepper, seeded and diced
- 1/4 cup medium salsa
- 4 large eggs, beaten
- 1/4 cup 1% low fat milk
- salt, or to taste
- Freshly ground pepper to taste
- 2 cups whole-wheat bread, cubed (about 3 to 4 slices, crusts removed)
- 1/2 cup mild cheddar, grated (4 ounces)
- 1/2 cup Monterey jack cheese, grated (4 ounces)

### DIRECTIONS

Coat a 9-by-9-inch baking dish (or similar shallow 2-quart baking dish) with cooking spray. On the other hand, you may use oven safe skillet.

Cook sausage in a large nonstick skillet over medium heat, crumbling until lightly browned, 3 to 4 minutes. Transfer to a plate lined with paper towels to drain. Add onions and bell pepper to the pan and cook, stirring often, until softened, 3 to 4 minutes. Turn off heat add salsa mix well and set aside.

Whisk eggs, milk, salt, and pepper in a large bowl until blended. Spread bread in the prepared baking dish. Scatter the sausage and the onion salsa mixture evenly over the bread. Pour in the egg mixture. Sprinkle with cheese. Cover with plastic wrap and refrigerate for at least 30 minutes or overnight.

[www.TheArtofCuisine.com](http://www.TheArtofCuisine.com)

Email: [artofcuisine1@yahoo.com](mailto:artofcuisine1@yahoo.com)

(916) 934-9230

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Preheat oven to 350 degrees F. Bake the strata, uncovered, until puffed, lightly browned and set in the center, 35 to 40 minutes. Let cool for about 5 minutes before serving hot.

Written by: Chef Linda Galyean

#### **Nutrition Information**

**12 servings - Facts Per Serving: Calories: 256 Fat. Total: 13g, Carbohydrates, Total: 20g, Cholesterol: 224mg, Sodium: 552mg Protein: 16g, Fiber: 3g %, Cal. from Fat: 46%, Fat, Saturated: 4g.**

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