

SEAFOOD STRATTA

By Randy Griffin, R.N., M.S., HNC
www.randy-griffin.com

Yield: 8 Servings

Portion: 6 oz.

Pan Size: 8 x 8 x 2 or Rectangular Pan

Temperature: 325°F

QUANTITY

INGREDIENTS

10 oz. Broccoli or Spinach
(frozen or chopped)

6 slices White Bread

6 oz. Crabmeat, Tuna or
Other Seafood
(canned)

2 1/2 cups Muenster Cheese
(shredded)

4 eggs Eggs

2 1/2 cups Milk

to taste Salt

to taste Pepper

to taste Dijon Mustard

DIRECTIONS

1. Cook vegetable according to directions. Drain. Puree in a food processor.
2. Remove crusts, then cube bread.
3. Place bread in the bottom of an ungreased baking dish.
4. Top bread with crabmeat or tuna, then pureed vegetable.
5. Top with cheese.
6. Mix eggs and milk. Beat well. Add seasonings.
7. Pour egg mixture over ingredients in a baking dish, saturating well.
8. Cover dish and refrigerate overnight.
9. Bake at 350° for 1 hour.

Nutritional Content Per Serving:

Calories 313
Protein 22 gm
Fat 18 gm
Carbohydrate 16 gm
Sodium 705 mg

Notes:

Shrimp, lobster or salmon may be substituted.

Jarlsberg, cheddar or swiss cheese may be substituted.

Very light in texture.

Perfect for lunch or dinner.