

## Healthy recipes

# Mozzarella and Tomato Strata

Yield: 8 servings

**Calories:** 207  
**Fat:** 4 g  
**Sodium:** 1 g  
**Carbohydrates:** 26 mg  
**Fiber:** 2 g  
**Protein:** 19 g

### Ingredients

Olive oil	2 tsp
Onion	1 medium (chopped)
Garlic	2 cloves (minced)
Plum tomatoes	4 large (chopped)
Kosher salt	¼ tsp
Black pepper	¼ tsp
French bread, cut on the diagonal	12 slices (½ inch thick)
Fat-free egg substitute	2 cups
Fat-free milk	1 ½ cups
Shredded 2% mozzarella cheese	1 cup
Fresh parsley	¼ cup (chopped, for garnish)

### Directions

Preheat oven to 350°F. Spray a shallow 2-quart baking dish with non-stick spray.

Heat the oil in a medium non-stick skillet over medium-high heat. Add the onion and garlic; cook, stirring occasionally, until softened, about 4 minutes. Remove from heat and stir in tomatoes.

Whisk together the egg substitute, milk, salt and pepper. Arrange half the bread slices in a single layer in the baking dish and sprinkle with half the cheese. Spoon half the tomato mixture evenly over the bread.

Top with the remaining bread slices and the rest of the cheese, leaving a little for garnish. Top with the rest of the tomato mixture. Pour the egg mixture over all and top with the remaining cheese.

Bake until the center is set and the top is golden brown, about 45 minutes. Sprinkle with fresh parsley (optional) and let it stand 5 minutes before serving.

### Tips

- Olive oil is a monounsaturated fat and can help lower bad cholesterol.
- Fat-free and reduced-fat dairy products can help to decrease the amount of saturated fat.