



# TURKEY RED PEPPER STRATA

PREPARATION: 15 MINUTES

COOKING: 60 MINUTES

6 SERVINGS

## INGREDIENTS

- 6 eggs**
- 1 1/2 cups rice beverage, unfortified**
- 1 teaspoon poultry seasoning**
- 1/4 teaspoon ground black pepper**
- 1 tablespoon Dijon mustard**
- 4 cups crusty bread, cubed**
- 1/2 cup Swiss cheese, grated**
- 1 cup green onions, chopped**
- 2 cups leftover turkey\*, diced**
- 1 cup red pepper, diced**
- 2 tablespoons fresh parsley**

*\*or chicken*

## PREPARATION

- 1** Preheat oven to 350° F.
- 2** In a mixing bowl, whisk together the eggs, rice beverage and spices.
- 3** In a separate mixing bowl, toss the crusty bread with the cheese, green onions, turkey, and red pepper. Transfer to a non-stick 9-inch square pan or your favourite greased casserole dish.
- 4** Pour the egg mixture over the bread mixture. Press down on the bread to ensure that all the bread gets coated with the liquid.
- 5** Place the strata uncovered in the oven and bake for 50 to 60 minutes. The strata is ready when it is puffed up and firm to the touch.
- 6** Serve warm.  
Excellent for breakfast or lunch.

Nutrient Analysis	
<b>PER SERVING</b>	
1/6 of recipe	
<b>Renal exchange:</b>	
3 Protein + 2 Starch	
Calories	<b>344Kcal</b>
Protein	<b>27g</b>
Carbohydrates	<b>28g</b>
Fibre	<b>1.6g</b>
Total Fat	<b>12.6g</b>
Saturated Fat	<b>4.4g</b>
Cholesterol	<b>248mg</b>
Sodium	<b>429mg</b>
Potassium	<b>371mg</b>
Phosphorus	<b>286mg</b>

## Tips

*The strata can be assembled the night before, covered with plastic wrap and refrigerated.*

*Bake it in the preheated oven the next morning for an easy breakfast treat!*