

## BREAKFAST STRATA GOODNESS

**MAKES:** 6 servings (2 squares)

### INGREDIENTS

- 2 slices bread, torn into small pieces\*
- 1/2 teaspoon (1 clove) garlic, minced
- 1/2 onion, diced
- 1/2 bell pepper, diced
- 2 cups (4 leaves) kale, shredded
- 1 cup cooked ham, diced
- 1/2 cup shredded cheese
- 12 eggs
- 1/2 cup milk
- **Spices:** 1 teaspoon of basil, 1 teaspoon oregano, and 1/2 teaspoon of pepper

\*Choose any kind of bread including gluten-free, wheat, or white.

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## DIRECTIONS

Heat up a tablespoon of oil in a pan. Sauté the garlic and onion for about 5 minutes until golden. Add the bell pepper and sauté for 2 minutes. Finally, add the kale, put the cover on the pan and cook for about 3 minutes until it is slightly wilted. Start layering ingredients in a 9"x13" casserole dish. Layer the bottom with bread pieces, then cooked veggies, and finally cooked ham.

In a separate bowl, beat together the eggs, milk, and spices. Pour over the ingredients in the pan. Then sprinkle with shredded cheese. Bake at 375°F for about 40 minutes until custard in the center has set. **Note:** You can bake it right away or let it chill in the fridge overnight and bake the next day.

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