

Easter Breakfast Strata

½ pound turkey breakfast sausage
2 cups onion, chopped
1 medium red bell pepper, seeded and diced
3 cups egg substitute
4 cups 1% milk
1 teaspoon salt
Freshly ground pepper to taste
6 cups cubed, whole-wheat country bread (about 7 slices, crusts removed)
1 tablespoon Dijon mustard
1 ½ cups grated Swiss cheese (4 ounces)

Spray a 9-by-13-inch baking dish with cooking spray. Cook sausage in a large nonstick skillet over medium heat, crumbling with a wooden spoon, until lightly browned. 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. Whisk egg substitute, milk, salt and pepper in a large bowl until blended.

Spread bread in the prepared baking dish. Scatter the sausage and the onion mixture evenly over the bread. Brush with mustard. Sprinkle with cheese. Pour in the egg mixture. Cover with plastic wrap and refrigerate for at least 2 hours or overnight.

Preheat oven to 350 degrees F. Bake the strata, uncovered, until puffed, lightly browned and set in the center, 55 to 65 minutes. Let cool for about 5 minutes before serving hot. Makes 12 servings.

Nutrition information per serving: 201 calories; 16 grams protein; 7 grams fat; 19 grams carbohydrate; 550 mg sodium.