



Spinach and Cheese Strata

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
8 cups (8 lbs)	spinach, steamed, squeezed, and chopped	2 L (3.8 kg)
¼ cup	vegetable oil	60 mL
¾ tsp	nutmeg, ground	4 mL
24 cups	whole grain or 100% whole wheat bread, thawed and cubed	6 L
6 cups	cheddar or gruyere cheese, grated	1.5 L
2 cups	parmesan cheese, grated	500 mL
8 cups	milk	2 L
27	eggs, beaten	27
¼ cup	Dijon mustard	60 mL
Optional:	pepper	

Instructions

1. In a large pot, heat oil and sauté onions until soft.
2. Add spinach and nutmeg. Stir gently and remove from heat. Set aside.
3. Spray necessary number of baking dishes with cooking spray.
4. Spread one third of bread cubes in the bottom of the dishes. Top with one third of the spinach mixture. Sprinkle with one third of the cheese. Repeat layering twice (ending with cheese).
5. Whisk eggs, milk, mustard, and pepper (if using).
6. Pour mixture evenly over strata.
7. Cover with plastic wrap and chill for 1 – 2 hours or overnight.
8. Preheat oven to 350°F (180°C).
9. Remove plastic wrap. Bake strata, uncovered until puffed, golden brown, and cooked through (45 – 55 minutes).
10. Let stand 5 minutes before serving.

Nutrition Information	
Serving 150 g	
Calories	240
Fat	12 g
	Saturated 5 g
	+ Trans 0 g
Sodium	430 mg
Carbohydrates	20 g
	Fibre 3 g
	Sugars 6 g
Protein	14 g
Calcium	20 mg
Iron	1 mg

Food Guide Servings	
¼	Vegetable & Fruit
1	Grain Product
½	Milk & Alternative
½	Meat & Alternative