



FESTIVE STRATA

SERVES
8

ACTIVE: 35 MINUTES
TOTAL TIME: 9 HOURS 30 MINUTES

INSTRUCTIONS

- In a large bowl, combine ground turkey breast, onion powder, pepper, sage, nutmeg, crushed red pepper and marjoram; use your clean hands to mix well.
- In a large skillet, cook turkey mixture over medium heat until brown.
- Lightly coat a 3-quart rectangular baking dish with nonstick cooking spray.
- Cut English muffins into quarters; arrange in an even layer in baking dish. Sprinkle cooked turkey mixture evenly over English muffins.
- In a large bowl, whisk together egg product, eggs, milk, dry mustard, paprika and ¼ teaspoon salt. Pour egg mixture over turkey mixture and English muffins.
- Sprinkle bell peppers and scallions over egg mixture. Cover with foil or plastic wrap; chill in the refrigerator for 8 to 24 hours.
- Preheat oven to 350°F.
- Bake, uncovered, for 45 minutes.
- Sprinkle with cheese. Bake, uncovered, for 5 to 10 minutes more or until a knife inserted near the center comes out clean.
- Let stand for 5 minutes before serving.

- + 1 pound uncooked ground turkey breast
- + 1 tsp onion powder
- + ½ tsp coarsely ground pepper
- + ½ tsp dried sage, crushed
- + ¼ tsp ground nutmeg
- + ¼ tsp crushed red pepper
- + ⅛ tsp dried marjoram, crushed
- + 3 whole-grain English muffins, split
- + 1 cup refrigerated or frozen egg product, thawed
- + 4 large eggs
- + 2 cups fat-free milk
- + 1 tsp dry mustard
- + ¼ tsp paprika
- + 1 cup chopped green pepper (2 small)
- + 1 cup chopped red pepper (2 small)
- + ¼ cup sliced scallions (2)
- + 1 cup shredded reduced-fat Cheddar cheese (4 ounces)

NUTRITION FACTS | 1 Cup

Calories: 235 | Total fat: 6g | Saturated fat: 3g | Carbohydrates: 17g
Fiber: 3g | Protein: 28g | Cholesterol 142mg

For more information, contact: Kali Aloia MPH, RD, LDN
Nutrition Coordinator | kaloia@whs.org | 724-250-5207


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