# Butternut Strata

## By: Megan Bell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

*A warming, wholesome dish with notes of Thanksgiving flavors*



**Yield:** 8 servings

**Ingredients:**

8 oz whole-wheat sourdough bread, ¾” cubes

3 Tbsp water

1 (11 oz) container fresh butternut squash, diced, peeled

1 cup skim milk

⅓ cup green onions, thinly sliced

1 ½ tsp garlic, thinly sliced

1 ½ tsp fresh sage, minced

½ tsp black pepper

½ tsp nutmeg

¼ tsp salt

6 large eggs, lightly beaten

2 oz (½ cup) Gruyère cheese, shredded

**Method of Preparation:**

1. Preheat oven to 375 degrees.
2. Arrange bread on a baking sheet; coat with cooking spray. Bake at 375 degrees for 10 minutes or until toasted, stirring once after 5 minutes.
3. Combine water and squash in a medium microwave-safe bowl. Cover and microwave at high 5 minutes or until tender. Drain.
4. Combine bread cubes and squash in a large bowl.
5. Coat 8”x8” baking dish with cooking spray.
6. Combine milk and next 7 ingredients in a bowl, stirring with a whisk.
7. Add milk mixture to squash mixture, stirring to combine.
8. Pour into baking dish; top with cheese.
9. Bake at 375 degrees for 20 minutes or until strata is puffed around edges and a knife inserted in center comes out clean, rotating dish once after 10 minutes.

**Nutritional Analysis:** Per serving

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Calories: | 509 kcal | Fiber: | | | 2.51 g | | | Calcium: | | 134 mg | |
| Total Fat: | 6.36 g | Cholesterol: | | | 148 mg | | | Iron: | | 4 mg | |
| Saturated Fat: | 2.7 g | Vitamin D: | | | 14 mcg | | | Sodium: | | 964 mg | |
| Protein: | 23.2 g | Potassium | | 259 mg | | |
| Carbohydrates: | 89 g |  | | |  | | |  | |  | |
|  |  |  |  | | |  | | |  | |