

Mexican Strata



Serves 4

Ingredients:

- 8 slices whole-grain bread (crusts removed)
- 1½ cups shredded low-fat cheddar cheese
- 1 cup chopped green chilies
- 1 jar (60 g) sliced pimientos, well drained
- 1 1/3 cups skim milk
- ¼ teaspoon ground cumin
- 6 egg whites

Procedure:

- Grease a baking dish with olive oil.
- Place 4 slices bread in the dish.
- Sprinkle with cheese, chilies and pimientos.
- Top with the remaining bread. Beat remaining ingredients; pour over the bread.
- Cover and refrigerate at least 2 hours.
- Heat the oven to 165°C/ 325°F.
- Bake for 1 hour or until set and top is golden brown.

Per serving:

- Calories:320
- Protein: 25 gm
- Carbohydrates: 32 gm
- Fat: 9 gm

Whole-grain bread gives this do-ahead dish a nice hearty texture.