



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Simply Delicious Easter Brunch!

Holidays are typically filled with family and friends, spending time enjoying a feast of foods.

Even Easter gatherings can cause extra stress, so consider simplifying where you can so they're more enjoyable.

Instead of a buffet of options, scale back the menu to include just a few dishes full of seasonal flavors. Strata dishes are simple to assemble and an easy way to boost your veggies. They also lend themselves to a variety of flavor combinations. If you're serving up Easter brunch, make sure this Spring Vegetable and Sausage Strata is on the menu.

Scan the code to watch this recipe being assembled and to search for more yummy recipes on the InSeason YouTube channel.



Fresh fruits and vegetables can serve double-duty as a natural food coloring. Get creative with how you dye your Easter eggs this year!

Spring Vegetable and Sausage Strata

Ingredients:

- 2 Tbsps. olive oil
- 1 medium carrot, diced
- 1/2 bunch asparagus, cut in 1-in. pieces
- 1/2 cup radishes, sliced
- 1 garlic clove, minced
- 1 cup baby spinach
- 1 pkg. (7 oz.) fully cooked pork sausage links
- 6 eggs
- 2 cups whole milk
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 10 slices artisan bread, cubed
- 1 1/2 cups shredded Sharp cheddar cheese



Directions:

1. Preheat oven to 325°F. In a large skillet, heat olive oil over medium-high heat. Add carrots, asparagus, and radishes. Cook 5 minutes or until vegetables begin to soften. Add garlic and spinach, cooking for 1 minute more. Remove from heat.
2. Cut sausage links into pieces and add to the vegetables in the skillet. Stir to combine, then set aside.
3. In a mixing bowl, combine eggs, milk, salt, and pepper. Whisk until completely combined. Set aside.
4. Prepare a casserole dish with non-stick cooking spray. Assemble by layering half of bread cubes in the bottom of the casserole dish. Next, layer with half of the sausage and vegetable mixture. Then, layer half the cheese. Repeat by layering the remaining bread cubes, the sausage and vegetable mixture, and the remaining cheese. Pour the egg mixture over the top of the entire casserole.
5. Bake at 325°F for 40 minutes or until internal temperature reaches 160°F.