

Ham-Asparagus Strata

*Our Best Recipes
Meredith Corporation*

Servings: 8

*8 ounces asparagus spears, trimmed
and cut into two-inch pieces
5 cups French bread cubes
2 cups (8 ounce) Gruyere or white
Cheddar cheese, shredded
1/2 cup onion, chopped
1/4 cup chives or green onions,
chopped
8 ounces cooked ham, diced
10 eggs
1 1/2 cups milk*

Preparation Time: 30 minutes

Bake: 50 minutes

Bring a large pot of salted water to a boil. Add the asparagus. Cook for 5 minutes or until bright green. Drain. Place in a bowl of ice water to cool. Drain.

In a greased three-quart baking dish, spread half of the bread cubes. Top with cheese, onion, chives and half of the ham and asparagus. Top with the remaining bread.

In a bowl, whisk together four of the eggs and the milk. Evenly pour over the layers in the dish.

Press the bread pieces into the egg mixture with the back of a spoon. Top with the remaining ham and asparagus. Cover. Refrigerate until ready to bake.

Preheat the oven to 325 degrees.

Bake, uncovered, for 30 minutes. With the back of a spoon, press six indentations in the top of the strata. Pour a whole egg into each indentation.

Bake 20 or 25 minutes more or until a thermometer inserted in the center of the strata registers 170 degrees and the eggs are set. Let stand for 15 minutes.

Cut into squares to serve. If desired, drizzle lightly with olive oil. Sprinkle with salt and cracked black pepper.

Per Serving (excluding unknown items): 179 Calories; 11g Fat (55.0% calories from fat); 15g Protein; 5g Carbohydrate; trace Dietary Fiber; 287mg Cholesterol; 484mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	179	Vitamin B6 (mg):	.2mg
% Calories from Fat:	55.0%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	11.4%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	33.6%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	11g	Folacin (mcg):	54mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	287mg	% Daily Value*	0 0%
Carbohydrate (g):	5g		
Dietary Fiber (g):	trace		
Protein (g):	15g		
Sodium (mg):	484mg		
Potassium (mg):	304mg		
Calcium (mg):	94mg		
Iron (mg):	2mg		
Zinc (mg):	2mg		
Vitamin C (mg):	11mg		
Vitamin A (i.u.):	450IU		
Vitamin A (r.e.):	113 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 179 Calories from Fat: 99

% Daily Values*

Total Fat	11g	17%
Saturated Fat	4g	19%
Cholesterol	287mg	96%
Sodium	484mg	20%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	2%
Protein	15g	
Vitamin A		9%
Vitamin C		18%
Calcium		9%
Iron		9%

* Percent Daily Values are based on a 2000 calorie diet.