

Christmas Morning Strata

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-wife-saver-recipe>

Ingredients:

- 1 tablespoon olive oil
- 6 green onions chopped
- 2 cups broccoli florets chopped, I used frozen broccoli and thawed it
- 2 cloves garlic minced
- 1/2 cup roasted red peppers diced
- 5 English muffins split, toasted until golden and quartered
- 2 1/2 cups shredded cheddar and Monterrey Jack blend
- 8 eggs
- 2 1/2 cups whole milk
- 2 tablespoons honey dijon mustard
- salt
- pepper

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 255 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 11 grams
8. Sodium: 690 milligrams
9. Sugar: 6 grams

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