



## Spicy Sicilian Strata

**PREP** 35 minutes **CHILL** 2 hours

**BAKE** 45 minutes at 350°F

**STAND** 10 minutes

- 5 cups 1-inch cubes French bread
- Nonstick cooking spray
- 1 3.5-oz. pkg. sliced pepperoni, coarsely chopped
- ¼ cup chopped pepperoncini salad peppers, drained
- ½ of a 10-oz. pkg. frozen chopped spinach, thawed and well drained
- ¼ cup chopped oil-pack dried tomatoes, drained
- 1 cup shredded Italian cheese blend (4 oz.)
- 3 eggs, lightly beaten
- 1½ cups milk
- 1 tsp. dried Italian seasoning, crushed
- ¼ tsp. salt
- Dash cayenne pepper
- ¼ cup grated Parmesan cheese

1. Preheat oven to 350°F. Spread bread cubes in a 15×10×1-inch baking pan. Bake for 10 minutes, stirring once.
  2. Coat a large skillet with cooking spray. Transfer half of the bread cubes to the prepared skillet. Top with half of the pepperoni, half of the pepperoncini peppers, all of the spinach, and all of the dried tomatoes. Sprinkle with ½ cup of the Italian cheese blend. Repeat layers with the remaining bread cubes, pepperoni, pepperoncini peppers, and Italian cheese blend.
  3. In a medium bowl whisk together eggs, milk, Italian seasoning, salt, and cayenne pepper. Slowly pour over layers in skillet; press down lightly with the back of a large spoon. Sprinkle with Parmesan cheese. Cover and chill for 2 to 24 hours.
  4. Preheat oven to 350°F. Bake, uncovered, for 35 to 45 minutes or until a knife inserted near the center comes out clean (170°F). Let stand for 10 minutes before serving. **Makes 6 servings.**
- PER SERVING** 316 cal., 18 g fat (8 g sat. fat), 146 mg chol., 1,006 mg sodium, 22 g carb., 2 g fiber, 18 g pro.

## Frittata with Tomatoes →

**START TO FINISH** 25 minutes

- 8 eggs, lightly beaten
- ½ cup milk
- ½ cup chopped thinly sliced prosciutto
- 2 Tbsp. snipped fresh basil
- ¼ tsp. salt
- ⅛ tsp. ground black pepper
- 2 Tbsp. olive oil
- 2 cups cherry tomatoes
- ½ to 1 cup chopped thawed, frozen artichoke hearts
- ½ cup chopped red onion (1 medium)
- ¼ cup shredded Parmesan cheese (1 oz.)

1. Preheat broiler. In a medium bowl combine eggs, milk, prosciutto, 1 tablespoon of the basil, the salt, and pepper; set aside.
2. In a large broiler-proof skillet heat oil over medium heat. Add tomatoes; cook for 1 minute, stirring once or twice. Transfer to a bowl. Gently stir in the remaining 1 tablespoon basil. In the same skillet cook artichoke hearts and red onion for 4 minutes, stirring occasionally.
3. Pour egg mixture over artichoke mixture in skillet. Cook over medium heat. As egg mixture sets, run a spatula around edges of skillet, lifting egg mixture so the uncooked portion flows underneath. Continue cooking and lifting edges until egg mixture is almost set (surface will be moist). Sprinkle with cheese.
4. Place skillet under broiler 4 to 5 inches from the heat. Broil for 1 to 2 minutes or just until top is set. Top with the tomato-basil mixture. **Makes 4 servings.**

**PER SERVING** 443 cal., 21 g fat (6 g sat. fat), 443 mg chol., 563 mg sodium, 4 g carb., 1 g fiber, 19 g pro.