

## Southern Sweet Corn and Cheddar Strata

Stratas are one of our favorites hands-free dinners – just layer your ingredients and the oven does all the work for you. We're making this Southern-style strata with local sourdough, corn, scallions and a cheddar and Parmesan cheese mix. The best part? The leftovers are perfect for brunch the next day. (Don't be scared off by the long cook time on this one. It's just 5 minutes of hands-on cooking and can be made in advance.)

**65** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Loaf Pan or 10x10  
Casserole Dish  
Mixing Bowl

#### FROM YOUR PANTRY

Salt & Pepper  
Butter or  
Cooking Spray  
1 ½ cups Milk or  
Half & Half

#### 4 MEEZ CONTAINERS

Sourdough Bread  
Corn & Scallions  
Cheddar & Parmesan  
Egg Mix

### Make The Meal Your Own

**This is a great make-ahead dinner.** Prepare the strata ahead of time, and reheat it for 10 minutes at 350 when you are ready to eat.

**Dedicated omnivores** can add cooked, crumbled bacon or sausage along with the corn.

**Looking for a brunch idea?** This is a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

**Want to boost the veggies in this dish?** Cherry tomatoes, sliced zucchini and diced sweet potatoes are all delicious additions.

### Good To Know

**A note on pan size** – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, like a loaf pan. You can also build your strata in a shallower 10x10 casserole dish, but start checking it a bit earlier, as it may cook faster.

**Health snapshot per serving** – 470 Calories, 29g Protein, 6g Fiber, 15 Smart Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Corn, Eggs, Sourdough Bread, White Cheddar Cheese, Green Onion, Parmesan Cheese, Mayonnaise

meezmeals

### 1. Getting Organized

Preheat your oven to 350 degrees and grease your pan using butter or cooking spray.

### 2. Assemble the Strata

Tear the **Sourdough Bread** rolls into approximately 1" cubes and put 1/3 of the bread on the bottom of the pan. Layer 1/3 of the **Corn & Scallions** on top of the bread and then layer with 1/3 of the **Cheddar & Parmesan**. Repeat these layers two more times – bread, corn, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½ cups milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan as evenly as possible.

### 3. Bake the Strata

Bake the strata until the eggs are set and it's brown on top, about 55 to 60 minutes. Slice and serve. Enjoy!

*You can adjust the black pepper amount based on your preferences. Chef Max likes the full ½ tsp, but if you're not a black pepper fan, go with just a pinch or two.*

*Love this recipe? #meezmagic*

Instructions for two servings.  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**