

ONIONS

English Muffin Breakfast Strata

1 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
61 min	6 min	55 min	8	\$1.84	456 kcal

English Muffin Breakfast Strata takes roughly 1 hour and 1 minutes from beginning to end. This recipe makes 8 servings with 456 calories, 26g of protein, and 29g of fat each. For \$1.84 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 teaspoon dry mustard
- ☐ 4 large eggs
- ☐ ¾ cup chopped green bell pepper
- ☐ 1½ cups 1% low-fat milk
- ☐ ¾ cup bottled roasted red bell pepper, drained
- ☐ 16 ounce package turkey breakfast sausage
- ☐ 4 large egg whites
- ☐ 13 ounce package whole wheat English muffins, split and toasted
- ☐ ¼ teaspoon ground red pepper
- ☐ ½ cup chopped onion
- ☐ 8 ounces cups reduced-fat shredded sharp Cheddar cheese, divided

EQUIPMENT Bowl, Frying pan, Oven, Whisk, Baking pan

Method

- 1

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- 2

Add sausage and next 3 ingredients; saut 9 minutes or until sausage is browned and vegetables are tender.
- 3

Drain and set aside.

- 4 Cut muffin halves into quarters, and arrange in an 11 x 7-inch baking dish coated with cooking spray.
- 5 Sprinkle half of sausage mixture and 1 cup cheese over muffins.
- 6 Combine eggs, egg whites, and next 3 ingredients in a large bowl; stir well with a whisk.
- 7 Pour evenly over mixture in baking dish. Top with remaining sausage mixture and remaining 1 cup cheese. Cover and chill at least 8 hours.
- 8 Preheat oven to 35
- 9 Bake, uncovered, at 350 for 45 minutes.
- 10 Let stand 10 minutes before serving.

Nutrition per serving

456

KCAL

26 g

PROTEIN

29 g

FAT

24 g

CARBS

Saturated Fat

11.6 g · 73% of daily needs

Fibre

3.7 g · 15% of daily needs

Sugar

7 g · 8% of daily needs

Sodium

974 mg · 42% of daily needs

Cholesterol

164 mg · 55% of daily needs

Vitamin C

18.5 mg · 22% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/english-muffin-breakfast-strata-147018