

Elizabeth's Healthy Pick of the Week



Stonyfield Organic Yogurt

Why It's Healthy:

Low in calories - 80 for Greek; 110-120 for Fruit on the Bottom variety	Provides 15-35% of the RDV for calcium
Contains no Genetically Modified Organisms (GMOs), synthetic hormones or antibiotics	Provides 15-25% of the RDV vitamin D (except the Greek variety)
Provide 6-13 grams of protein	Good source of potassium

How to Use:

Stonyfield Greek yogurt is an excellent 0% fat, organic ingredient to add to your recipes. It's a great replacement for heavy cream, cream cheese, sour cream or ricotta cheese. You can also use it in dips and sauces. Try this delicious and versatile strata recipe incorporating any green vegetable and cheese you have on hand.

Asparagus & Gruyere Strata



Ingredients

8 servings | Active Time: 30 minutes | Total Time: 30 minutes

4 eggs	3 tablespoon unsalted butter
2 egg whites	1 clove garlic (minced)
$\frac{3}{4}$ cup Stonyfield Organic Whole Milk	1 small onion (finely chopped)
$\frac{3}{4}$ cup Stonyfield Organic Greek Plain Nonfat Yogurt	1 pound asparagus (washed, trimmed and cut into 1/4-inch-thick slices, tips left intact)
1 cup shredded Gruyere	5 slices Arnold's whole wheat bread (cut into 1-inch squares)
$\frac{3}{4}$ teaspoon salt	
$\frac{1}{4}$ teaspoon black pepper	

Preparation

1. Heat oven to 425°. In a large bowl, whisk together eggs, egg whites, milk, yogurt, Gruyere, 1/2 teaspoon of the salt and the pepper; set aside.
2. Heat butter in a large nonstick oven-safe skillet over medium-high heat. Add garlic, onion, asparagus and remaining 1/4 teaspoon salt to pan and cook 4 minutes or until softened. Increase heat to high and add bread to pan and cook, stirring often, for 5 minutes or until lightly toasted.
3. Remove pan from heat and pour in egg mixture, pressing down to ensure bread is submerged. Bake for about 14 minutes or until set and internal temperature measures 160°; serve immediately.

Nutrition Per Serving: 210 Calories; 12 g Fat; 7 g Sat. Fat; 130 mg Cholesterol; 14 g Carb; 12 g Protein; 2 g Fiber; 420 mg Sodium

Recipe from www.stonyfield.com/recipes

Recipe Provided by Elizabeth M. Madison, **Locust Valley** In-Store Registered Dietitian.

Want more recipes or meal planning ideas? Contact Elizabeth at: emadisonrd@gmail.com or call 718-598-0617