

Chicken Florentine Strata



Recent research found that adding food safety information to recipes led to consumers improving their safe food handling behaviors. Following the food safety information will help you reduce the risk of foodborne illness! For more on safe handling of poultry—when you shop and at home—go to www.fightbac.org.

INGREDIENTS

Chicken:

- 1½ lbs boneless, skinless chicken breast halves, sliced into thin strips
- 2 tbsp olive oil
- 2 shallots, minced
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp cayenne pepper
- 10 slices white bread, cut into cubes
- 1 (16 oz) frozen spinach, thawed package and well-drained
- 1 cup sundried tomatoes, drained and chopped
- 2 cups grated Monterey Jack cheese
- 6 eggs
- 2 cups whole milk
- 2 tsp Dijon mustard
- ¼ tsp nutmeg

DIRECTIONS

Clean work area. Wash hands with soap and warm water for 20 seconds. Wash food prep surfaces with warm soapy water. Use two separate cutting boards during preparation, one for raw chicken and the other for the other ingredients.

Lightly grease a 3-quart casserole dish.

In a large skillet over medium-high heat, warm oil. Add shallots to skillet and sauté 1 minute. Add chicken strips and cook 5 minutes more.

Place a layer of bread cubes in the bottom of the dish. In alternating layers, place chicken, spinach, sundried tomatoes, cheese and bread, ending with a sprinkling of bread on top.

In a large bowl, combine eggs, milk, mustard and nutmeg with a whisk. Pour mixture over the casserole, cover and refrigerate on lowest shelf 4 hours or overnight.

Preheat oven to 350°F. While oven heats, remove casserole from refrigerator. Place casserole in oven and bake 35–40 minutes, until golden brown on top. Casserole is done with it reaches 165 °F as measured with a food thermometer. Wash thermometer with hot, soapy water after each temperature reading. Remove from oven and cool 5 minutes before serving. Serve hot.