



Savory Sausage and Cheddar Breakfast Strata

The Sizzle That Started It All

The smell of butter hitting a hot pan still takes me back. I was twelve, watching my aunt make her famous breakfast strata. The sizzle of sausage, the earthy mushrooms, the sharp cheddar—it was magic. That first bite? Crispy edges, creamy center, pure comfort. **Ever wondered how you could turn breakfast into something unforgettable with just one dish?** This strata does it. It's hearty, savory, and perfect for feeding a crowd. Try it, and you'll see why it's my go-to. What's your favorite breakfast memory? Share below!

My First Strata Disaster

My first attempt at this strata was... messy. I forgot to drain the spinach, turning it into a soggy mess. The bread cubes floated like tiny rafts in egg soup. But guess what? It still tasted amazing. **Home cooking isn't about perfection—it's about joy and flavor.** Even my “fail” became a family joke. Now I know: squeeze that spinach dry! Have you ever salvaged a kitchen mishap? Tell me your story.

Why This Strata Works

- The dijon adds a tangy kick, balancing the rich cheese and sausage. - Day-old bread soaks up the egg mix without turning mushy. **Which flavor combo surprises you most?** Is it the thyme with garlic or the cheddar with spinach? Vote in the comments! This dish is all about layers. Every bite delivers something new.

A Dish with Roots

Stratas date back to medieval Europe, where cooks layered bread and leftovers. This version? A hearty American twist. *Did you know strata means “layers” in Latin?* It’s a thrifty, tasty way to feed a crowd. Perfect for brunch or dinner. What’s your favorite dish with history? Let’s chat!

See also [Cherry Popover Delights](#)



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Ingredients:

Ingredient	Amount	Notes
Unsalted butter	2 tablespoons	
Mushrooms	8 ounces	Sliced
Frozen spinach	10 ounces	Thawed and drained
Breakfast sausage	1 pound	Cooked and fat drained
Crusty bread	8 cups	Cut into 1-inch cubes
Eggs	12 large	
Whole milk	2 cups	
Thyme	½ teaspoon	
Garlic powder	¼ teaspoon	
Onion powder	½ teaspoon	
Salt	1 ½ teaspoon	
Ground pepper	½ teaspoon	
Dijon	2 tablespoons	
Cheddar cheese	1 ½ cup	Shredded

How to Make Sausage and Cheddar Breakfast Strata

Step 1 Melt butter in a skillet over medium heat. Add mushrooms and cook until golden. Toss in spinach and stir until wilted. Transfer to a bowl with sausage and bread cubes. (Hard-learned tip: Squeeze spinach dry to avoid soggy strata.) **Step 2** Whisk eggs, milk, and spices in a bowl. Stir in cheese until smooth. Pour over bread mix and toss well. Chill for 30 minutes to let flavors meld. **What's your go-to breakfast cheese? Share below!** **Step 3** Preheat oven to 350°F and grease a

baking dish. Spread strata mix evenly in the pan. Bake until golden and set, about 45 minutes. Let cool slightly before slicing. **Cook Time:** 45-50 minutes **Total Time:** 2 hours 25 minutes **Yield:** 10 servings
Category: Breakfast, Brunch

3 Tasty Twists on This Strata

Vegetarian Skip sausage, add roasted bell peppers and feta. **Spicy** Mix in jalapeños and pepper jack cheese. **Seasonal** Swap spinach for butternut squash in fall. **Which twist would you try first? Vote in the comments!**

Serving Ideas for Your Strata

Pair with fresh fruit or a crisp green salad. Top with hot sauce or sour cream for extra flair. Drink ideas: Orange juice (non-alcoholic) or a bloody mary (boozy).

See also [Maple Pear Tarte Tatin](#)

Which would you choose tonight?



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Make It Last

Store leftovers in the fridge for up to 3 days. Reheat slices in the oven at 300°F for 10 minutes. Freeze cooled strata wrapped in foil for 1 month. Thaw overnight before reheating. *Fun fact: Strata tastes even better the next day as flavors meld!* Batch-cook two pans—eat one now, freeze one for busy mornings. Why this matters: Meal prep saves time and stress. Who doesn't love breakfast ready to go? Share your favorite make-ahead trick below!

Fix It Fast

Issue 1: Soggy bottom? Bake strata on the oven's lower rack next time. Issue 2: Dry edges? Cover with foil halfway through cooking. Issue 3: Eggs not set? Give it 5 more minutes—ovens vary. Why this matters: Small tweaks make big differences. Once, my strata overflowed because I skipped the chill step—lesson learned! Ever had a baking fail? Tell us how you saved it.

Your Questions, Answered

Q: Can I use gluten-free bread? A: Yes! Pick a sturdy brand so it holds up. **Q: How far ahead can I assemble this?** A: Prep it the night before—just bake in the morning. **Q: Swap for turkey sausage?** A: Absolutely. Drain well to avoid extra moisture. **Q: Halve the recipe?** A: Use an 8x8 pan and bake 35 minutes. **Q: Skip the mushrooms?** A: Try bell peppers or sun-dried tomatoes instead.

Until Next Time

Hope this strata becomes your new breakfast star. Tag **@SavoryDiscovery** on Pinterest so I can cheer you on. Happy cooking!
—Elowen Thorn.