

Gary's Keto Friendly Egg and Meat Breakfast Strata

1 lb. cooked bacon or Italian sausage
2 cups shredded cheese (cheddar, Mexican mix, fontina)
8 eggs lightly beaten
1-2 cups heavy cream
1 tablespoon Dijon style mustard
1 Large bunch kale (stems removed, chopped) or 1 container baby spinach
2 tablespoons bacon fat.

Preheat oven to 350 degrees. In a large skillet sauté kale until tender, remove from pan. In a large bowl, lightly beat eggs with heavy cream and season as needed (go heavy). Add sautéed kale/spinach, sausage/bacon, cheese and mustard, stir to combine. Using the bacon fat, grease a 9 x 13 baking dish and add kale-egg-meat mix.

Bake strata mix, covered with aluminum foil for 1 hour, remove foil and bake for 15 minutes more. Strata should be bubbly at edges and firm in the middle, if not heat an additional 15 minutes covered.

Remove and let stand 15 minutes, serve warm or hot. Strata freezes well and reheats quickly in microwave.