

 [Print](#)

## Asparagus, Bacon and Cheese Stratta



### breakfast

**POINTS®** Value: 5  
Servings: 6  
Preparation Time: 15 min  
Cooking Time: 20 min  
Level of Difficulty: Easy

Strattas make an excellent breakfast or brunch, and they give you the perfect opportunity to use up leftover vegetables, lean meats and day-old bread.

### Ingredients

2 tsp olive oil, or vegetable oil  
4 slice(s) uncooked turkey bacon, diced  
1/2 cup(s) onion(s), diced  
2 cup(s) asparagus, fresh, or frozen and thawed, cut into 1-inch pieces  
1 spray(s) cooking spray  
6 slice(s) light whole wheat bread  
4 large egg(s)  
5 large egg white(s)  
3/4 cup(s) fat-free skim milk  
2 tsp Dijon mustard  
1/2 tsp table salt  
1/4 tsp black pepper, freshly ground  
2 tbsp grated Parmesan cheese, divided  
1 cup(s) low-fat shredded cheddar cheese, about 4 oz

### Instructions

Heat oil in a large ovenproof skillet over medium heat. Add bacon and cook, stirring, until golden brown, about 4 minutes. Add onion and asparagus; sauté until vegetable are soft, about 3 to 5 minutes. Remove vegetables from pan and set aside.

Preheat broiler.

Off heat, coat same skillet with cooking spray. Arrange bread slices tightly in bottom of skillet.

In a large bowl, whisk together eggs, egg whites, milk, mustard, salt and pepper; pour over bread and allow milk mixture to soak in entirely (like when you make French toast). Sprinkle bread with 1 tablespoon of Parmesan cheese.

Place skillet over medium to medium-high heat. Cook, shaking pan frequently to promote even cooking, until almost cooked through to the top, about 4 or 5 minutes.

Place skillet under broiler to set eggs, about 2 minutes. Remove skillet from broiler; top with bacon-vegetable mixture, cheddar cheese and remaining tablespoon of Parmesan cheese. Place skillet under broiler again until cheese melts, about 1 to 2 minutes. Slice into 6 pieces and serve. Yields 1 piece per serving.

### Notes

If you don't have an oven-proof skillet, cover the handle with aluminum foil before broiling.

© 2009 Weight Watchers International, Inc. © 2009 WeightWatchers.com, Inc. All rights reserved.  
WEIGHT WATCHERS and **POINTS** are the registered trademarks of Weight Watchers International, Inc. and are used under license by WeightWatchers.com, Inc.