

## Savory Strata with Kale, Tomato, Mushrooms and Feta

Strata with Kale, Tomato, Mushrooms and Feta



**OVEN**  
**325°F**

**TIME**  
**4 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 8 eggs
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tsp olive oil or coconut oil
- 1 cup sliced Shitake mushrooms (about 4-5)
- 2 green onions, white and green segments sliced
- 2 cloves of garlic, minced
- 3 Tablespoons fresh parsley, chopped
- 3 Tablespoons fresh cilantro, chopped
- 6 large leaves of red kale, chopped and stems removed and sliced
- 4 Roma tomatoes, sliced into 1/4" slices
- 1/4 cup Feta cheese, crumbled

#### Swaps and Notes:

**Mushrooms:** Shitake mushrooms add a great umami flavor to this strata. You can also use other mushrooms like cremini or portobello.

**Kale:** Red kale is a great choice for its color and flavor. You can also use other leafy greens like spinach or Swiss chard.

**Tomatoes:** Roma tomatoes are perfect for this recipe because of their firm texture and low water content. You can also use halved cherry tomatoes.

**Cheese:** Crumbled feta cheese provides a wonderful salty contrast to the eggs and vegetables. You can also use other cheeses like goat cheese, Parmesan, or a sprinkle of shredded Gruyère.

**Herbs:** This recipe calls for a mix of parsley and cilantro, but you can use any herbs you have on hand. Fresh basil or chives would also be delicious additions.

**Skillet:** It's crucial to use a skillet that is oven-safe. A cast-iron skillet is perfect for this recipe as it holds heat well and can go directly from the stovetop to the oven.

**Instructions:**

**Prep the Ingredients:** Preheat your oven to 325°F (160°C). In a medium bowl, beat the eggs with the salt and pepper. Set the bowl aside.

**Sauté the Veggies:** Heat the olive or coconut oil in a 10-inch oven-safe skillet over medium heat. Add the mushrooms, green onions, and the sliced kale stems. Sauté for about 4 minutes until the mushrooms have started to soften. Add the minced garlic, chopped parsley, and chopped cilantro. Sauté for an additional 2 minutes until the herbs are wilted and the mushrooms are beginning to brown.

**Add the Layers:** Add a layer of the chopped kale leaves to the mixture in the skillet. Do not mix it in, just lay it on top. Add a layer of the sliced Roma tomatoes over the kale, and then sprinkle the crumbled feta cheese over the tomatoes.

**Cook the Eggs:** Evenly pour the beaten egg mixture over the tomatoes and feta. Place the skillet over medium heat and cook for about 5 minutes. As the eggs are cooking, use a spatula to gently lift the edges of the strata, allowing the uncooked egg to fill in the gaps.

**Bake:** Once the bottom of the strata begins to brown and the edges are set, transfer the skillet to the preheated oven. Cook for an additional 20 minutes, or until the eggs are completely set and the strata is firm to the touch.

**Serve:** Remove the strata from the oven. Carefully take the strata out of the pan with a large spatula. Slice into wedges and serve immediately.

**Tips for Success:**

**Use an Oven-Safe Skillet:** This is a crucial step for this recipe. A cast-iron skillet is a perfect choice, as it can go from the stovetop to the oven seamlessly.

**Don't Overcook the Eggs:** Cooking the strata on the stovetop for just 5 minutes is enough to start setting the eggs. The rest of the cooking will be done in the oven, which will result in a light and fluffy texture.

**Layer the Ingredients:** The layering of the ingredients is what makes this strata so beautiful. Don't mix everything together!

**Serve Immediately:** This strata is best served immediately while it is still warm.

Serving Suggestions and Pairings:

Nutritional Information:

Storage and Leftover Tips:

Final Thoughts:

## DIRECTIONS

1. **Prep the Ingredients:** Preheat your oven to 325°F (160°C). In a medium bowl, beat the eggs with the salt and pepper. Set the bowl aside.
2. **SautØ the Veggies:** Heat the olive or coconut oil in a 10-inch oven-safe skillet over medium heat. Add the mushrooms, green onions, and the sliced kale stems. SautØ for about 4 minutes until the mushrooms have started to soften. Add the minced garlic, chopped parsley, and chopped cilantro. SautØ for an additional 2 minutes until the herbs are wilted and the mushrooms are beginning to brown.
3. **Add the Layers:** Add a layer of the chopped kale leaves to the mixture in the skillet. Do not mix it in, just lay it on top. Add a layer of the sliced Roma tomatoes over the kale, and then sprinkle the crumbled feta cheese over the tomatoes.
4. **Cook the Eggs:** Evenly pour the beaten egg mixture over the tomatoes and feta. Place the skillet over medium heat and cook for about 5 minutes. As the eggs are cooking, use a spatula to gently lift the edges of the strata, allowing the uncooked egg to fill in the gaps.
5. **Bake:** Once the bottom of the strata begins to brown and the edges are set, transfer the skillet to the preheated oven. Cook for an additional 20 minutes, or until the eggs are completely set and the strata is firm to the touch.
6. **Serve:** Remove the strata from the oven. Carefully take the strata out of the pan with a large spatula. Slice into wedges and serve immediately.
7. **Tips for Success:** Use an Oven-Safe Skillet: This is a crucial step for this recipe. A cast-iron skillet is a

perfect choice, as it can go from the stovetop to the oven seamlessly.

8. **Don't : Overcook the Eggs:** Cooking the strata on the stovetop for just 5 minutes is enough to start setting the eggs. The rest of the cooking will be done in the oven, which will result in a light and fluffy texture.
9. **Layer the : Ingredients:** The layering of the ingredients is what makes this strata so beautiful. Don't mix everything together!
10. **Serve : Immediately:** This strata is best served immediately while it is still warm.
11. **Serving Suggestions and Pairings:** This strata is a perfect meal on its own. It pairs beautifully with a simple green salad with a light vinaigrette. Some warm, crusty bread would also be a perfect addition.
12. **For a drink pairing,** a simple mimosa or a hot cup of coffee would be a great complement to the savory flavors.
13. **Nutritional Information:** (Please note that this is an estimate and will vary based on specific brands and portion sizes)
14. **This is a healthy and well-rounded meal.** It's a great source of protein from the eggs and feta, and provides a variety of vitamins and fiber from the fresh vegetables. It's a delicious and satisfying meal that is perfect for a balanced diet.
15. **Storage and Leftover Tips:** Leftovers of this strata are fantastic! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. To reheat, you can place a serving in a microwave-safe dish and warm it up, or for a better texture, you can place it in a toaster oven or air fryer to bring back some of the crispiness.
16. **Final Thoughts:** This Strata with Kale, Tomato, Mushrooms and Feta recipe is a timeless classic for a reason. It's an elegant, delicious, and easy meal that is perfect for any occasion. The combination of a fluffy egg base and a savory vegetable filling is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

## SWAPS & NOTES

**Mushrooms :** Shitake mushrooms add a great umami flavor to this strata.

You can also use other mushrooms like cremini or portobello.

**Kale :** Red kale is a great choice for its color and flavor.

You can also use other leafy greens like spinach or Swiss chard.

## TIPS FOR SUCCESS

**Use an Oven-Safe Skillet :** This is a crucial step for this recipe.

A cast-iron skillet is a perfect choice, as it can go from the stovetop to the oven seamlessly.

**Don't Overcook the Eggs :** Cooking the strata on the stovetop for just 5 minutes is enough to start setting the eggs.

The rest of the cooking will be done in the oven, which will result in a light and fluffy texture.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/savory-strata-with-kale-tomato-mushrooms-and-feta/>