



# Lunch Break

HELP FOR TODAY • HOPE FOR TOMORROW

## Kids Cooking at Lunch Break!



August 29, 2022



### This Week's Menu: Jersey Corn and Tomato Strata



**Seasonal ingredients add variety and make each meal both interesting and nutritious!**

This month Jr. Chef Diamond will show us how super easy it is to make something yummy and healthy with our favorite summer veggies: A strata is just another name for a casserole, and August is a great month for Jersey corn and tomatoes! Jr. Chef Diamond uses Jersey corn and tomatoes here, but you can easily add more ingredients to this recipe or even switch them up ... try making this strata with cooked mushrooms, leftover chicken, your favorite veggies ... any leftovers in the fridge. Click [here](#) for the Corn and Tomato Strata recipe.



Hi, I'm Jr. Chef Diamond  
Thanks for joining me in the kitchen to make Jersey corn and tomato strata. I love to cook and bake, and am especially known for my cupcakes. Click [here](#) to see what else I like to bake!

### What you need to prepare

If you break down your To-Do list into chunks, this recipe only takes a few minutes to whip up before baking it in the oven.

#### Do Ahead:

- Check your pantry and shop the ingredients the day before;
- Set up your equipment in the morning; and,
- Prep your ingredients an hour or two ahead of time. [Click here](#) for a complete ingredient and equipment list.

### HISTORY OF CORN

New Jersey corn is sweet because it is a hybrid called the Silver Queen, which was cultivated to slow the conversion of the corn's sugars into starch.

[Click here](#) for a History of Corn

## Corn Strata

PREP: 20 MINS (plus baking time) YIELD: Serves 4-6

<i>1 Tablespoon Butter</i>	<i>½ teaspoon Salt</i>
<i>1 cup Corn, fresh off the cob (around 2 ears) or frozen (defrosted)</i>	<i>1 ½ cups toasted garlic bread,** sliced or cubed (or favorite croutons)</i>
<i>1 bunch Scallions, sliced (green and white parts)</i>	<i>1 large Beefsteak tomato, sliced</i>
<i>2 cloves minced Garlic</i>	<i>1 cup shredded Cheddar (or Monterey Jack, jalapeno Jack, or Gruyere)</i>
<i>½ cup diced Pimiento (or diced green chile)</i>	<i>1/4 cup grated Parmesan</i>
<i>6 extra-large Eggs</i>	<i>1 Tablespoon fresh Basil, chiffonade (thinly sliced)</i>
<i>Approximately 1 1/2 cups of Heavy cream*</i>	

*\*Milk or alternative milk may be substituted for the heavy cream.*

*\*\*Day-old baguette or bread slices,*

### Instructions:

1. Wash your hands and put on an apron.
2. Preheat the oven to 325 degrees Fahrenheit.
3. Lightly butter inside of a deep-dish pie pan or a 9"-square baking pan.
4. In a medium-sized skillet, melt the butter over medium-high heat.
5. Stir in the fresh corn kernels and cook on medium heat for 4-5 minutes.
6. Stir in the sliced scallions and minced garlic. Cook until the scallion's white parts are translucent, about 3-4 minutes.
7. Stir in the pimientos and set aside, off heat, to cool.
8. Whisk together the eggs and the salt in a 4-cup measuring cup.
9. Add enough cream to reach a volume of 3 cups.
10. Whisk until well incorporated.
11. Layer the bottom of the buttered pie pan with one layer of garlic bread.
12. Cover with one layer of sliced tomatoes, followed by the corn mixture.
13. Sprinkle with the shredded Cheddar and pour the egg base over the entire strata.
14. Sprinkle with the Parmesan cheese and cover with a large piece of aluminum foil.
15. Set aside at least one hour so the egg base can absorb the other ingredients. This casserole may be made a day in advance. Cover first with plastic wrap and keep refrigerated until ready to bake. If refrigerated overnight, the baking time might be long.
16. Bake in the oven on the middle rack for around 1 hour, until the center has completely set.
17. Remove from the oven and allow to rest 10-15 minutes before slicing.
18. Garnish with the sliced basil before serving.

### You will need the following equipment:

- Measuring spoons
- Measuring cups
- Cutting Board
- Apron
- Dish rag
- Deep-dish pie pan
- Medium skillet
- Wooden spoon
- Whisk
- Silicon spatula
- 4-cup measuring cup
- Paper towels
- Chef's knife
- Foil

### NUTRITION

Did you know that corn is considered both a vegetable and a grain?

Sweet corn is a healthy, complex carbohydrate that contains vitamin C, magnesium, B vitamins, potassium, and antioxidants that support your immune system.



Diamond's  
Red Velvet  
Cupcakes



Jr. Chef Diamond specializes in a large variety of cupcakes, like the Red Velvet cupcakes shown here to the left.

Her favorite baking hack? Adding a little extra oil to her cake batter to add moisture to the final texture.

[Click here](#) to see Diamond on Instagram!