

SPINACH & TURKEY SAUSAGE BREAKFAST CASSEROLE

INGREDIENTS

8 OUNCES SPICY TURKEY SAUSAGE, CRUMBLLED
¼C DICED ONIONS, FRESH OR FROZEN
6 LARGE EGGS AND 6 LARGE EGG WHITES
1 3/4 CUPS 1% MILK
¼TSP SALT AND FRESHLY GROUND BLACK PEPPER
9-OUNCE PACKAGE FROZEN CHOPPED SPINACH,
THAWED/DRAINED
3/4 CUP SHREDDED CHEDDAR
1/2 CUP GRATED PARMESAN
4 CUPS WHOLE WHEAT BAGUETTE, CUT INTO 3/4-INCH CUBES

DIRECTIONS

1. HEAT A LARGE NONSTICK SKILLET OVER MEDIUM HEAT. ADD THE TURKEY AND SCALLIONS AND COOK, UNTIL BROWNED AND COOKED THROUGH, REMOVE FROM HEAT.
2. WHISK THE EGGS, EGG WHITES, MILK, SALT AND PEPPER IN A LARGE BOWL UNTIL COMBINED.
3. ADD THE COOKED SAUSAGE, SPINACH, CHEESES AND BREAD AND STIR TO DISTRIBUTE THE INGREDIENTS EVENLY.
4. SPRAY A 3-QUART CASSEROLE DISH WITH COOKING SPRAY. SPREAD THE EGG MIXTURE EVENLY IN THE DISH. COVER AND REFRIGERATE FOR AT LEAST 6 HOURS.
5. PREHEAT THE OVEN TO 350 DEGREES F. BAKE THE CASSEROLE, UNCOVERED, UNTIL SET AND LIGHTLY BROWNED ON TOP, ABOUT 30 MINUTES.

