

Savory Breakfast Casserole

PREP TIME: 10-15 MINS

COOK TIME: 45-50 MINUTES

YIELDS: 1 LARGE CASSEROLE/BAKING DISH

ROUGHLY 12 SQUARES

Ingredients

- 1 lb. breakfast sausage, loose (can be omitted)
- 1 butternut squash, raw, small cubes (or 3 cups)
- 1 white onion, raw, sliced
- 12 eggs (1 dozen)
- 1 cup milk, any
- 1 bell pepper, raw, diced/chopped
- 1 knob turmeric, raw, chopped
- 2 cups kale, raw, roughly chopped
- Salt & black pepper as desired



Qualities

Texture: Multi-Texture

Rating for Scent : 6/10

Spice Level: 0/10

Recipe Benefits

- Anti-Inflammatory

Nutrition Content for 1 Square

Calories: 285kcal Carbohydrates: 8.9g

Fat: 21.8g Protein: 13.4g

Fiber: 2g Added sugar: 0g

Sodium: 448.4mg

Directions:

1. Grease a pan with nonstick cooking spray, then cook the sausage until browned, stirring often.
2. Once browned, remove from the pan and set aside.
3. Grease the same pan again with nonstick cooking spray, then add the onion and butternut squash.
4. Cook on a medium/high heat until browned (5-10 minutes).
5. Preheat oven to 350°F.
6. In a large bowl, mix the eggs, milk, bell peppers, chopped kale, turmeric, salt & black pepper.
7. Grease a large casserole dish with nonstick cooking spray.
8. In the casserole dish, spread the browned butternut squash and onions to cover the bottom.
9. Scoop the crumbled sausage overtop of the squash, creating a second layer.
10. Lastly, pour the egg mixture over the sausage crumbles, spreading evenly.
11. Place in the preheated oven, uncovered.
12. Bake for 45-50 minutes, or until golden brown and set.
13. Allow to cool slightly before slicing and removing from the pan.



Chef's Tips:

- The sausage can be omitted to create a vegetarian option.
- Other vegetables can be added to the recipe, as well as a variety of cheeses.
- The cooked recipe can be frozen in pre-cut squares, though reheating in an oven or toaster oven is recommended to help evaporate the high moisture content (it can be soggy in the microwave).