

Sausage, Mushroom, and Spinach Breakfast Casserole with Rosemary and Sage

Yield: 12 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it dairy-free, replace milk and cheese with dairy-free alternatives

To make it gluten-free, replace bread cubes with gluten-free bread

To make it FODMAP friendly, omit onion

Ingredients

2 Tbsp avocado oil
1 green bell pepper, trimmed and diced
1 onion, trimmed and diced
8 oz mushrooms, sliced
½ tsp salt, kosher
2 tsp dry rosemary, chopped
2 tsp dry sage, chopped
1 lb breakfast sausage, bulk
2 cups fresh spinach, chopped
2 cups diced bread or croutons
4 oz cheddar cheese, shredded
12 eggs
½ cup milk
½ tsp salt, kosher
Pan spray

Directions

1. Preheat oven to 350°F.
2. Heat the avocado oil (2 Tbsp) in a large skillet over a medium heat.
3. Place the bell pepper, onion, mushrooms (8 oz), and salt (½ tsp) in the pan, and cook while tossing occasionally for about five minutes.
4. Add the rosemary (2 tsp) and sage (2 tsp). Cook for another two minutes.
5. Add the breakfast sausage (1 lb), and cook until done, crumbling as you go.
6. Turn the heat off. Fold in the spinach (2 cups) and bread or croutons (2 cups).
7. Lightly spray a 9x11-inch baking pan with non-stick pan spray.
8. Evenly spread the sausage mixture across the bottom of the prepared pan.
9. Sprinkle the shredded cheese over the top.
10. In a medium mixing bowl, whisk the eggs (12), milk (½ cup), and salt (½ tsp) to combine.
11. Evenly pour the egg over the cheese-topped sausage mixture.
12. Cover tightly. Refrigerate overnight or cook immediately at 350°F for about 45 minutes or until egg is set.



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Nutrition Facts

Serving size 1 (5.4oz)

Amount Per Serving **153g**

Calories **280**

% Daily Value

Total Fat 21.3g **33%**

Saturated Fat 7.4g **37%**

Cholesterol 196mg **65%**

Sodium 707mg **29%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 14g **28%**

Vitamin A **18%**

Vitamin C **18%**

Calcium **12%**

Iron **9%**