

Overnight Sausage Egg Casserole



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 2 tsp olive oil
- 1 lb. turkey sausage
- 6 slices sprouted bread, roughly chopped
- 8 large eggs
- 2 cups skim milk
- ½ tsp ground sea salt
- ½ tsp black pepper
- ¼ tsp paprika
- 4 oz. grated cheddar cheese

Recipe makes 5 servings

INSTRUCTIONS

1. Grease a large baking dish with olive oil.
2. Heat olive oil in a large frying pan over medium heat. Cook turkey sausage until browned. Drain on paper towels.
3. Place bread in the bottom of the prepared pan, and top with sausage.
4. Whisk together the eggs, milk, salt, pepper and paprika.
5. When well mixed, add the cheese to the milk mixture.
6. Pour over bread.
7. Refrigerate for up to 12 hours.
8. Remove pan from refrigerator while preheating oven.
9. Preheat oven to 350 degrees.
10. Bake uncovered until golden brown and eggs have set, about 40 minutes.
11. Serve immediately.