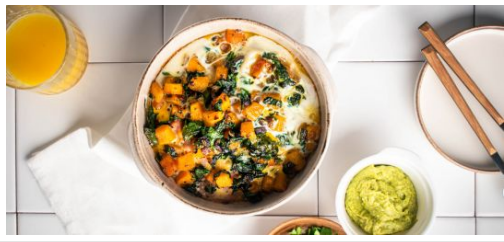


Butternut Squash Breakfast Casserole With Sausage

Prep Time: 15 Min Cook Time: 30 Min Total Time: 45 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1 square

Amount Per Serving

Calories 331	Calories from Fat 148
	% Daily Value *
Total Fat 16g	25%
Saturated Fat 4g	20%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 271mg	90%
Sodium 1120mg	49%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	10%
Sugars 3g	

Protein 33g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 lb lean ground turkey sausage
- 2 tsp olive oil
- 2 cup butternut squash, peeled and diced
- 1/2 red onion, diced
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp oregano
- 1/2 tsp pepper
- 4 cup spinach, chopped
- 4 eggs
- 4 egg whites

Directions

- 1 Preheat the oven to 400 degrees. Heat a skillet over medium high heat. Add the sausage and cook until no longer pink, breaking it up as it cooks. Remove and set aside.
- 2 Add the olive oil to the pan. Once hot, add the butternut squash and red onion. Cook for 8-10 minutes until squash and onion are tender, adding 1-2 tablespoons of water if burning. Add the salt, garlic powder, oregano, and pepper. Stir together. Add the spinach and cook until it wilts, about 1-2 minutes.
- 3 Whisk together the eggs. Add the sausage and butternut squash mixture to a baking dish sprayed with cooking spray. Pour the eggs over top.
- 4 Bake for 25-30 minutes until eggs set and are cooked through.

Notes

