



Potato & Turkey Breakfast Casserole

6 servings
45 minutes

Ingredients

2 Yellow Potato (chopped into small cubes)
8 ozs Turkey Sausage (casing removed)
2 cups Kale Leaves (finely chopped)
1/2 cup Cherry Tomatoes
8 Egg
1/2 cup Unsweetened Almond Milk
3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	215
Fat	10g
Saturated	3g
Carbs	14g
Fiber	2g
Sugar	1g
Protein	17g
Cholesterol	276mg
Sodium	634mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Bring a pot of water to a boil. Place the potatoes into the water and cook until tender.
- 3 Meanwhile, in a pan over medium heat, brown the sausage, breaking it into small pieces as it cooks. When the sausage is no longer pink, add the chopped kale to the pan and cook until just wilted.
- 4 Add the cooked potatoes and sausage mixture to a baking dish. Then add the tomatoes. In a mixing bowl, whisk together the eggs, milk and salt. Pour the egg mixture into the baking dish making sure the potatoes, sausage mixture and tomatoes are equally covered with eggs.
- 5 Bake for 25 to 28 minutes or until eggs are set and firm to the touch. Cut into squares and serve immediately. Enjoy!

Notes

Baking Dish: For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

Leftovers: Refrigerate in an airtight container for up to 3 days.

Vegetarian Option: Omit the sausage completely or substitute it for additional vegetables like bell pepper and mushrooms.

No Kale: Use spinach or Swiss chard instead.

No Tomato: Use chopped bell pepper instead.

No Sausage: Use bacon or ground pork instead.