



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 1 chopped onion
- 1 chopped sweet pepper
- 1 shredded large sweet potato
- 1-2C chopped spinach
- 8-10 eggs, whisked
- 1 lb turkey sausage
- ¾-1 C shredded sharp cheddar cheese
- salt/pepper

Sweet Potato Egg Casserole

Preparation

1. Preheat oven to 450*.
2. Saute the veggies until soft. Remove from skillet and brown sausage.
3. Combine meat and veggies with sweet potato and spinach in a 9x11 baking pan.
4. Season and pour whisked eggs evenly over mixture. Cover with cheese.
5. Bake 20 minutes or until cheese is slightly browned.

Tips

Chop all veggies before starting to cook. To reheat leftovers, preheat oven to 400, cover with foil and bake until warm.

Vegetarian: omit meat, season with sage, thyme and pepper to taste. Increase eggs to 12.

This goes nicely with English muffins, whole grain toast (or bread of choice) and fruit.