

“Sausage” Breakfast Bake

Fuel your day with a warm, delicious egg and pork breakfast bake!

Makes one 9x13 pan or approximately 2 dozen cupcake size



Nutrition Facts	
Serving Size: 1 piece (144g)	
Servings Per Container: 24	
Amount Per Serving	
Calories 180	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 255mg	85%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 18g	

Tips

- Make this ahead and keep refrigerated for up to 5 days. Microwave individual slices for an easy breakfast during the week. Makes an excellent breakfast sandwich on toast or a bagel.
- Add extra veggies and omit the meat if you wish, be creative!
- Sub 1 ½ lbs. cooked ground turkey for the pork

Ingredients

- 2 teaspoons (or more) fennel seeds
- 1 teaspoon canola oil or olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- ½ diced medium onion
- 2 teaspoons Italian seasoning (oregano would work fine)
- 24 ounce can ground pork, drained & fat removed, broken into pieces
- ¼ cup water
- 6 whole eggs and 4 egg whites
- 1 cup low-fat milk
- 1 cup low-fat cheddar cheese

Directions

1. Preheat oven to 350°. Coat a 9x13” pan with cooking spray, set aside.
2. Warm a large skillet over medium heat and add the fennel seeds. Toast them for about 2 minutes, moving around often in the pan with a spoon.
3. Add oil to the pan and add the diced peppers and onions & Italian seasoning. Cook about 5 minutes or until soft.
4. Add the pork & water to the pan, simmer until the water has evaporated.
5. Add the pork & pepper mixture to the prepared 9x13” pan and spread evenly over the bottom.
6. Beat 8 eggs and add milk. Pour the beaten egg & milk mixture over the sausage & peppers in the pan.
7. Bake for 25 minutes, then carefully top with cheese. Bake additional 15-20 minutes or until the center is set. Serve immediately. Cupcake size portions bake for 15-18 minutes.