

“Sausage” Breakfast Bake

Fuel your day with an egg-cellent veggie & pork breakfast bake!

Makes one 9x13 pan. Serves 6-8

Serving size: 2 pieces (each approximately 3x3 inches)



Ingredients

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

Directions

1. Preheat oven to 350°. Coat a 9x13” pan with cooking spray. Set aside.
2. Heat a large skillet over medium heat and add the fennel seeds. Toast them for 2 minutes, stirring constantly with a spoon.
3. Add oil to the pan and add the diced peppers, onions, and Italian seasoning. Cook about 5 minutes or until vegetables are soft.
4. Add pork and water to the pan of vegetables and mix well, cooking until the water has evaporated.
5. Transfer pork and pepper mixture to the prepared 9x13” pan and spread evenly over the bottom.
6. In a separate bowl beat eggs and add milk. Pour the beaten egg and milk mixture over the pork and 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

Nutrition Facts

Serving Size: 2 pieces (215g)
Servings Per Container: 16

Amount Per Serving

Calories 270 Calories from Fat 150

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 380mg **127%**

Sodium 350mg **15%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 27g

Tips

- Can be baked in a cupcake tin. Bake for 15-18 minutes
- Leftovers can be frozen in individual slices for breakfasts later in the week. Wrap individually in plastic wrap and place in freezer bag. Microwave to reheat
- Use leftover slices for breakfast sandwiches or on toast or a bagel
- Make it vegetarian! Omit the meat and add extra veggies.
- Substitute 1 ½ lbs. cooked ground turkey for the pork