



Power-Up Sweet Potato Breakfast Casserole

This hearty and make-ahead breakfast bake features nutrient-rich sweet potatoes and protein-packed eggs to provide long-lasting energy and steady blood sugar support. Sweet potatoes are high in fiber and vitamin A, which helps support vision and immune health. Spinach and peppers provide Vitamin C and an extra dose of fiber. Best of all? Heat up leftovers for a quick breakfast.

Yield: 8 servings

Ingredients:

- 1 Tbsp. olive oil, divided
- 1 sweet potato, cubed (~2 cups diced)
- ½ small red onion, diced (about 1/2 cup)
- ½ red bell pepper, diced (about 2/3 cup)
- 3 cups baby spinach leaves
- ½ lb. 93% lean ground turkey
- ½ teaspoon garlic powder
- ¼ teaspoon Italian seasoning
- ¼ teaspoon ground sage
- ½ teaspoon fine salt
- Pinch of black pepper
- ½ teaspoon cayenne pepper, optional
- 8 large eggs

Directions:

1. Preheat the oven to 375°F. Grease 9x9 inch baking dish with non-stick cooking spray or oil.
2. In a large sauté pan, heat 1½ tsp. oil over medium-high heat. Add sweet potato. Cover and let cook for about 10-12 minutes until sweet potatoes are slightly tender, stirring occasionally.
3. Add the onion and bell pepper to the sweet potatoes and continue sautéing for 3-4 minutes until the vegetables soften.
4. Add spinach and cook for 1-2 minutes or until spinach is wilted. Set pan aside.
5. Heat another sauté pan on medium-high heat. Add the remaining 1½ tsp. oil, the ground turkey and spices from garlic powder to cayenne pepper. Cook until cooked through and starting to brown.
6. Add turkey mixture to the sweet potato mixture and mix well.
7. In a bowl, crack the eggs, add a dash of salt and pepper, and whisk.
8. Add the sweet potato and sausage mixture to the greased baking dish and pour whisked eggs over the top. Make sure to submerge all of the ingredients so that they are covered with the eggs. Bake in the oven for 20-25 minutes or until the center is set.
9. Remove from the oven and let set for 5 minutes. Cut into 8 servings.

Nutrition info per serving:

Calories: 159, Saturated Fat: 2.3g, Sodium: 261mg, Added Sugars: 0g, Fiber: 1.7g, Protein: 13g

Adapted from: <https://therealfooddietitians.com/sweet-potato-breakfast-casserole/>