



# Better-for-you Breakfast Casserole

## Ingredients:

16 oz. bulk turkey breakfast sausage	1 cup shredded reduced-fat sharp cheddar cheese
1 med. bell pepper chopped	1 cup all-purpose flour
1 med. onion, chopped	1 1/2 tsp. baking powder
3 cups steamed broccoli florets	1/2 tsp. salt
3 cups frozen shredded hash brown potatoes	1 T. canola oil
4 eggs	2 cups 1% milk
	1/4 tsp. pepper

## Directions:

1. Heat oven to 400°F. Prepare a 13x9" baking dish with cooking spray. Make sure to spray well to avoid sticking.
2. Wash hands with soap and water. In a large skillet, sauté sausage, bell pepper, and onion over medium heat until sausage is cooked through (no longer pink). Turn off heat.
3. Add cooked broccoli, frozen hash brown potatoes, and half of the cheese to skillet; mix until evenly combined. Spread in baking dish.
4. In a medium bowl, whisk together flour, baking powder, oil, milk, salt, pepper, and eggs until blended. Pour into the baking dish to cover meat and vegetables.
5. Sprinkle remaining cheese evenly over the top. Bake uncovered about 35-40 minutes, until knife inserted in center come out clean, and food thermometer reads 165F. **Makes 12 Servings.**

**Nutrition Information per serving (1/12 of recipe):** Calories 240, Total Fat 13g (Saturated 3g), Cholesterol 110mg, Sodium 490mg, Total Carbohydrate 17g, Dietary Fiber 2g, Protein 13g