



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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BREAKFAST OR ANYTIME MAKE AHEAD CASSEROLE

Ingredients:

- *3/4 ground chicken sausage
 - *1 tsp dried rosemary
 - *2 bell peppers diced (any color) - 2 cups
 - *1 cup sliced mushrooms of choice
 - *1 cup fresh spinach roughly chopped
 - *1/2 medium yellow onion diced
 - *1tsp minced garlic
 - *Salt/pepper to taste
 - *4 slices day old bread of choice
 - *10 large eggs
 - *1/2 cup milk of choice
 - *1/2 cup shredded cheddar
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Preheat oven 350 degrees.

In a large skillet over medium heat, lightly coat the pan with cooking spray. Add sausage and rosemary, breaking up meat with a spatula as it cooks through. (Cook 6-7 minutes)

In a secondary skillet spray once again with cooking spray and add peppers, mushrooms, onion, spinach and garlic (salt/pepper). Cook 6-8 minutes until tender.

Generously grease the inside of a 9X13 baking dish, break bread into pieces and place evenly along the bottom of the dish.

In a large bowl whisk together eggs, milk and ¼ cup of the cheese. Pour ½ of mixture over the bread-top with the sausage, vegetables and remaining egg mixture then finish with the last ¼ cup of cheese.

Bake uncovered (40-45 minutes) or until top is golden, edges are crisp and toothpick inserted in center comes out clean.

This can easily be prepped the night before and refrigerated to be baked the following day for breakfast, lunch or dinner. It truly is eggceptional! ☺

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