

## SAUSAGE & SPINACH BREAKFAST CASSEROLE

- 4 large eggs
- 4 large egg whites
- 1 cup non-fat milk
- 2 tablespoons Dijon mustard
- 1 teaspoon minced fresh rosemary
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 5 cups frozen spinach, thawed
- 4 cups whole-grain bread cut into 1- inch cubes
- 1 cup browned ground pork or turkey sausage
- $\frac{1}{2}$  cup chopped jarred roasted red peppers
- $\frac{3}{4}$  cup shredded cheddar cheese

Preheat oven to 375 degrees. Coat a 7 x 11 inch glass baking dish or a 2-quart casserole dish with cooking spray. Whisk eggs, egg whites, and milk in a medium bowl. Add mustard, rosemary, and pepper; whisk to combine. Toss spinach, bread, sausage, and roasted red pepper in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.

Bake until the custard has set, 40-45 minutes. Uncover, sprinkle with cheese and continue baking until pudding is puffed and golden on top, 15-20 minutes more.

Transfer to a wire rack and cool for 15-20 minutes before serving.

Yields: 6 servings

286 calories per serving

Tucker Connell

Harrison County

Intermediate - Main Dish