

# Spinach & Roasted Red Pepper Breakfast Casserole

Serves 12



## Ingredients:

- 16 oz. breakfast sausage
- 2 cups spinach
- 1 TBSP butter
- 12 eggs
- ½ cup Heavy Whipping Cream
- 2 tsp Tuscan Seasoning
- ½ cup bacon crumbles
- ½ cup chopped roasted red peppers
- 2 cups shredded Colby Jack cheese

## Instructions:

1. Preheat oven to 350 degrees
2. Brown sausage. Drain grease and cool.
3. Sauté 2 cups of raw spinach in 1 TBSP butter until reduced. Give it a rough chop.
4. Whisk 12 eggs with ½ cup Heavy Whipping Cream. Add 2 tsp. Tuscan Seasoning.
5. Roughly chop ½ cup of roasted red peppers.
6. Layer sausage, bacon, 1 cup of cheese, spinach, and roasted red peppers. Cover with egg mixture and remaining cheese.
7. Cook for 35-40 minutes.

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 355	
% Daily Value *	
Total Fat 28 g	44 %
Saturated Fat 12 g	59 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 282 mg	94 %
Sodium 820 mg	34 %
Potassium 112 mg	3 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 20 g	41 %
Vitamin A	28 %
Vitamin C	11 %
Calcium	20 %
Iron	7 %