

Turkey Sausage, Spinach & Mushroom Egg Bake

Author: Brenda Bennett | Sugar-Free Mom

Prep time: 10 mins

Cook time: 30 mins

Total time: 40 mins



Ingredients

- 1 pound Italian turkey sausage
- 1 cup diced onion
- 8 ounces frozen or fresh spinach
- 1 cup fresh sliced cremini mushrooms
- 2 tablespoons fresh basil, chopped
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 ounces crumbled goat cheese
- 6 eggs
- ½ cup milk, 1%
- Optional: sprinkle of chopped scallions

Instructions

1. Preheat oven to 400 degrees.
2. Heat 1 tablespoon oil in skillet and cook onion and sausage until cooked through and onion is tender about 8-10 minutes.
3. Add spinach, mushrooms, basil, salt and pepper.
4. Whisk 6 eggs and milk together then pour into sausage and veggies and pour into a buttered 9 by 13 baking dish.
5. Top with goat cheese.
6. Bake 20 minutes until cheese is melted and eggs are fluffy.

Brenda's Notes:

- Really all the veggies could be subbed. If you don't like mushrooms try sweet peppers.
- Not a fan of spinach, try kale.
- Make it dairy free by using almond milk or rice milk and skip the cheese.