

EGG CASSEROLE



SERVING SIZE

4



INGREDIENTS

ITEM

Olive Oil
Shallot, Diced
Medium Turnip Finely Diced
Kale, Chopped
Turkey Sausage

QUANTITY

½ tbsp.
1
1
3 cups
16 oz.

ITEM

Large Eggs
Salt
Black Pepper
Crushed Red Pepper Flakes

QUANTITY

12
¼ tsp.
¼ tsp.
¼ tsp.



PREPARATION

- Preheat oven to 350°F (175°C). Grease a baking dish with cooking spray.
- In a large skillet, cook the turkey sausage over medium heat, breaking it up into small pieces. Once browned and cooked through, transfer to a plate and set aside.
- In the same skillet, heat the olive oil over medium heat. Add the diced shallot and turnip, and sauté until softened.
- Add the chopped kale to the skillet and cook for 2-3 minutes, or until wilted. Season with salt, pepper, and crushed red pepper flakes.
- Add the cooked sausage back into the skillet and stir everything together.
- In a large bowl, whisk the eggs and season with salt and pepper. Pour the egg mixture over the vegetable and sausage mixture into the skillet.
- Pour everything into the greased baking dish and spread it evenly. Bake in the preheated oven for 25-30 minutes, or until the eggs are fully set and lightly golden on top.
- Let the casserole cool for a few minutes before slicing and serving.
- Enjoy!