

Sausage and Butternut Squash Breakfast Casserole



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Ingredients

1 lb. lean ground turkey sausage
2 teaspoons olive oil
2 cups butternut squash, peeled and diced
 $\frac{1}{2}$ red onion, diced
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon oregano
 $\frac{1}{2}$ teaspoon pepper
4 cups spinach, chopped
4 eggs
4 egg whites

Method

1. Preheat the oven to 400 degrees.
2. Heat a skillet over medium high heat. Add the sausage and cook until no longer pink, breaking it up as it cooks. Remove and set aside.
3. Add the olive oil to the pan. Once hot, add the butternut squash and red onion. Cook for 8-10 minutes until squash and

onion are tender, adding 1-2 tablespoons of water if burning. Add the salt, garlic powder, oregano, and pepper. Stir together. Add the spinach and cook until it wilts, 1-2 minutes.

4. Whisk together the eggs. Add the sausage and butternut squash mixture to a baking dish sprayed with cooking spray. Pour the eggs over top. Bake for 25-30 minutes until eggs set and are cooked through.

Notes

8 WW PointsPlus, 8 WW SmartPoints

Prep

- Prep: 15 Minutes
- Cook: 30 Minutes
- Total Time: 45 Minutes

Source: Slender Kitchen (4 servings)