

# Recipe for

## BREAKFAST CASSEROLE

FROM THE KITCHEN OF

*MultiplyDelicious.com*

### INGREDIENTS

- 1 pound breakfast sausage – I use sausage links
- 1 large sweet potato or 2 medium to small, diced
- 2-3 cups fresh baby spinach, chopped
- 1 green onion, diced
- 10-12 large eggs
- sea salt and fresh ground pepper to taste

### DIRECTIONS

Preheat oven to 375 degrees and grease a 9x13" glass baking dish with coconut oil or whatever you choose (grass-fed butter?). Set aside.

Prepare veggies. Dice sweet potatoes, chop spinach, and dice up green onion. Set each separately aside.

Heat skillet over medium-high heat. Remove sausage from casing and add sausage to skillet. Cook until browned and cooked through. Remove sausage from skillet keeping the sausage grease. Add sweet potatoes to grease and cook until tender, stir occasionally, about 10 to 15 minutes.

Remove sweet potatoes and place in bowl. Toss sweet potatoes with spinach, green onion, sausage, and salt and pepper until well combined. Place the mixture into your prepared 9x13 glass dish, spreading evenly across the bottom of the dish.

In another large bowl, whisk eggs. Pour egg mixture evenly over the sausage and veggie mixture in dish.

Bake in preheated oven for 25 to 30 minutes or until set. Allow to cool slightly before serving. Cut into squares and serve.

Makes about 10-12 servings

