RECIPE

Sausage and Egg Breakfast Casserole

A make-ahead breakfast casserole of lean turkey sausage, mushrooms, red pepper and a little reduced-fat cheddar baked in a soft egg custard with whole-wheat bread.

MAKES

8 servings US Metric

TOTAL

1 h 20 min

Ingredients

- [ ] 8 oz raw bulk turkey sausage, cooked and drained (weigh 150 g of the crumbles for the dish)
- [ ] 6 slices whole-wheat sandwich bread, cut in ¾-inch cubes
- [ ] ½ cup shredded reduced-fat cheddar
- [ ] 1 ½ cups sliced white mushrooms
- [ ] 1 red bell pepper, diced
- [ ] 4 green onions, sliced
- [ ] 4 large eggs
- [ ] 4 large egg whites
- [ ] 2 cups 1% milk
- [ ] 1 tsp dry mustard
- [ ] 0 tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 tsp olive oil for the dish

Method

1. Rub the olive oil over a 9×13-inch baking dish. Spread the bread cubes in it.

2. Brown the sausage in a large nonstick pan on medium, chopping it into crumbs with a spatula, until no pink shows, about 8 minutes. The sausage must reach 165 °F. Lift it out with a slotted spoon, drain it on paper towels, and weigh 150 g onto a plate. Any extra is not part of this bake; eat it on the side. Do not spoon the pan juices over anything.

3. Put the mushrooms and red pepper in the same pan and cook on medium until the liquid is gone, about 6 minutes. Scatter them and the sausage over the bread. Sprinkle the cheese and green onions on top.

4. Whisk the eggs, egg whites, milk, mustard, salt and pepper until smooth. Pour it slowly over everything and press the bread down so it soaks.

5. Make ahead: cover the dish and refrigerate it with the raw egg mix in it no more than 1 day. Bake straight from the fridge and add 5 minutes.

6. Heat the oven to 350 °F. Cover the dish with foil and bake 25 minutes. Take the foil off and bake 20 to 25 minutes more, until the top is golden and the center no longer jiggles.

7. Check the center with a thermometer. It must read 160 °F. Let it stand 10 minutes, then cut into 8 squares.