

VEGGIE AND SAUSAGE EGG BAKE

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This egg bake recipe may be one of my basics, but basic in taste it is not. Full of flavorful, health-boosting veggies with an accent of chicken sausage, it delights and satisfies the taste buds. I make it often when hosting overnight guests, or when taking a dish to a brunch. It's even great for changing up the dinner routine.

Generally pleasing, and so versatile, egg bakes are a great way to use up left-over or surplus veggies, meats, and cheeses. And, although their ingredients can provide a complete meal, a tossed green salad or fresh fruit served alongside is a nice touch.

Store left-over egg bake in an air-tight container in the refrigerator for up to 5 days. When re-heating, place serving(s) into an oven-safe baking dish, cover and bake at 375° F for approximately 10 - 15 minutes, until heated all the way through.

Serves 4 – 6

INGREDIENTS

cooking spray for coating the baking dish
2 tablespoon olive oil
1/3 cup bell pepper, small diced
1/3 cup sweet onion, small diced
1/2 cup chopped mushrooms
1/2 cup diced zucchini or yellow squash
1 clove garlic, minced
2 teaspoons Italian spice blend
3 cups chopped spinach or super greens
1 cup chicken sausage, diced
10 large eggs
1 1/2 cups whole milk (or 1 cup almond or coconut milk)
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper
1/4 teaspoon ground nutmeg
2 cups shredded cheese (cheddar, fontina, gruyere, or another favorite variety), divided

DIRECTIONS

1. Preheat oven to 350°F. Lightly coat a 7 x 11 or 9 x 13-inch baking dish with cooking spray or oil; set aside.
2. In a large frying pan, heat the oil over medium heat. Add the onion, pepper, mushrooms and zucchini. Sauté over medium heat until the vegetables are just soft, about 3 - 5 minutes. Add the garlic, spice blend and spinach / super greens and sauté an additional 1 minute.

4. Transfer the mixture to the baking dish and allow to cool to room temperature. Add the diced sausage to the baking dish.

6. In a large mixing bowl, whisk together the eggs, milk, salt, pepper, and nutmeg. Stir in half of the cheese. Pour egg mixture over the cooled vegetables in the baking dish. Sprinkle the remaining cheese over the top.

7. Bake (uncovered) until a knife inserted in the middle comes out clean, about 30 - 40 minutes. Egg mixture will be raised or puffed up in the center and slightly brown on the edges. Remove from oven and let rest for 5 minutes before slicing.