Melissa Slemp
https://www.abundanthealthwithmelissa.com/

Sausage, Spinach & Mushroom Breakfast Casserole

8 servings
40 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
10 Cremini Mushrooms (sliced)
1 lb Ground Venison Sausage (Subsititute another ground meat, chicken, turkey, beef,)
4 cups Baby Spinach
Sea Salt & Black Pepper (to taste)
8 Egg
1/4 cup Plain Coconut Milk
1/3 cup Goat Cheese

Nutrition

Amount per serving	
Calories	383
Fat	29g
Carbs	10g
Fiber	2g
Sugar	6g
Protein	19g
Cholesterol	244mg
Sodium	362mg
Potassium	226mg
Vitamin C	5mg
Calcium	61mg
Iron	3mg
Vitamin D	46IU
Folate	56µg
Vitamin B12	0.6µg
Magnesium	20mg
Zinc	1mg

Directions

1. Preheat the oven to 375°F (190°C) and grease a baking dish.
2. Heat a nonstick skillet over medium heat and add the oil. Once hot, add the mushrooms and sausage and cook until softened, about five minutes. Add the spinach and cook until just wilted, about one to two minutes. Season with salt and pepper and remove from the heat. Add to the prepared baking dish.
3. In a large bowl, whisk together the eggs and milk. Season with salt and pepper. Add to the dish with the sauteed mixture.
4. Crumble the goat cheese on top of the casserole and place it in the oven. Bake for 26 to 30 minutes, or until the eggs are set. Let cool before slicing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is one square piece. A 10.5 x 7.5-inch baking dish was used to make eight servings.
Dairy-Free: Use plant-based cheese and an alternative milk.
More Flavor: Add thyme, add minced garlic, and/or onions.