



Cauliflower Tot and Turkey Sausage Breakfast Casserole

Savannah · 30/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

8

Description

This casserole can be assembled and chilled up to a day before baking Just add 10 minutes to the baking time

Ingredients

- - cooking spray - 1 (14- to 16-ounce package) frozen cauliflower tots - 1 tablespoon olive oil - 1 pound turkey sausage - 1 cup chopped onion - 4 cups chopped broccoli - 1 medium red bell pepper
- chopped - 1 medium green bell pepper
- chopped - 6 large eggs - 1 cup fat-free milk - salt to taste - ¼ teaspoon black pepper - ¼ teaspoon cayenne pepper - ½ cup shredded Swiss cheese - ½ cup grated Parmesan cheese

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Coat a 9x13-inch baking dish with cooking spray. Arrange cauliflower tots evenly in the prepared dish. Heat oil in a large skillet over medium heat. Add sausage and onion; cook
2. stirring occasionally
3. until sausage is browned
4. about 5 minutes. Add broccoli and bell peppers. Cook
5. stirring occasionally
6. until vegetables begin to soften
7. about 10 minutes. Spoon mixture over tots in the prepared dish. Whisk together eggs
8. milk
9. salt
10. black pepper
11. and cayenne in a bowl. Pour evenly over sausage
12. vegetables
13. and tots. Sprinkle with Swiss and Parmesan cheeses. Bake in the preheated oven
14. covered with foil
15. for 20 minutes. Uncover and continue baking until bubbly
16. about 30 minutes more.