

## Egg White Breakfast Casserole

Jacob · 28/09/2024



### Prep Time

35 mins

### Difficult

Medium

### Servings

10

### Description

Great egg white casserole to make at the beginning of the week for a quick breakfast each morning

### Ingredients

- - 1 serving cooking spray - 1 (32 ounce) container egg whites - 1/2 cup nonfat plain Greek yogurt - 1 pinch salt and ground black pepper to taste - 1 (8 ounce) package sliced fresh mushrooms - 1 small onion
- chopped - 2 1/2 cups cooked turkey sausage crumbles (such as Jimmy Dean®) - 1 plum tomato
- chopped - 2 cups shredded Cheddar cheese

### Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Spray a casserole dish with nonstick cooking spray. Whisk egg whites
2. yogurt
3. salt
4. and pepper together in a bowl. Pour into the prepared dish. Bake in the preheated oven until starting to set
5. about 10 minutes. Meanwhile
6. saute mushrooms and onion in a pan until softened
7. 5 to 10 minutes. Spread mushroom mixture
8. sausage crumbles
9. and tomato over the parbaked egg layer. Cover with Cheddar cheese. Continue baking until eggs are set and cheese is melted
10. 10 to 15 minutes. Recipe Tip You can use any breakfast meat or switch up the type of cheese for a change from week to week.