

SWEET POTATO BREAKFAST BAKE

February 22

National Cook a Sweet Potato Day



INGREDIENTS

- 1 Tablespoon Olive Oil
- 1 Cup Diced Sweet Potato
- 1 Pound Fresh Pork Sausage
- ½ Cup Chopped Onion
- ½ Cup Red Bell Pepper, Diced
- 1 Cup Sliced Fresh Mushrooms
- 2 Cups Fresh Spinach
- 5 Eggs
- ⅓ Cup Water
- 1 Teaspoon Dried Thyme

DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Heat olive oil in a large skillet over medium heat. Add sweet potato; cover and cook, stirring occasionally, until tender, 8 to 10 minutes. Transfer to a large bowl.
3. Cook and stir sausage in the same skillet over medium-high heat until crumbled and browned, 5 to 7 minutes. Add to sweet potato in the bowl.
4. Cook and stir onion and red bell pepper in the same skillet until tender, about 3 minutes. Season with salt and pepper. Add mushrooms and kale; cook until kale softens, about 3 minutes more. Transfer to the bowl.
5. Whisk eggs, water, thyme, salt, and pepper together in a small bowl. Stir into sausage mixture. Pour into an 8x8 baking dish.
6. Bake in the preheated oven until sweet potato starts to brown, 20 to 25 minutes. Let stand for 5 minutes.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Breakfast

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	⅔ Cup	1 Cup	1 Cup