

---

# Cauliflower Tot and Turkey Sausage Breakfast Casserole

LKB

*www.allrecipes.com - Oct/Nov 2021*

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 25 minutes

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

**1 package (14 to 16 ounce) frozen cauliflower tots**

**1 tablespoon olive oil**

**1 pound turkey sausage**

**1 cup chopped onion**

**4 cups chopped broccoli**

**1 (1-1/4 cups) red bell pepper, chopped**

**1 (1-1/4 cups) green bell pepper, chopped**

**6 eggs**

**1 cup fat-free milk**

**1/4 teaspoon black pepper**

**1/4 teaspoon crushed red pepper**

**1/2 cup (2 ounce) shredded Swiss cheese**

**1/2 cup (2 ounce) grated Parmesan cheese**

Preheat the oven to 350 degrees. Coat a 9-x-13-inch baking dish with cooking spray. Arrange the cauliflower tots evenly in the prepared dish.

In a large skillet over medium heat, heat the oil. Add the sausage and onion, cook, stirring occasionally, until browned, about 5 minutes. Add the broccoli and bell peppers. Cook, stirring occasionally, until the vegetables begin to soften, about 10 minutes. Spoon the mixture over the tots in the prepared dish.

In a bowl, whisk together the eggs, milk, salt, black pepper and crushed red pepper. Pour evenly over the sausage, vegetables and tots. Sprinkle with the cheeses.

Bake, covered with foil, for 20 minutes. Uncover and continue baking until bubbly, about 30 minutes more.

## **Breakfast**

---

*Per Serving (excluding unknown items): 131 Calories; 8g Fat (51.4% calories from fat); 9g Protein; 8g Carbohydrate; 3g Dietary Fiber; 166mg Cholesterol; 90mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1 Fat.*