

Microwave Breakfast Strata (Egg Casserole)

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 mug or bowl

Ingredients

Nonstick cooking spray

1 cup frozen pepper and onion blend

2 turkey breakfast sausage links, sliced or diced

1 whole-wheat English muffin, torn or cut into bite-sized pieces

2 eggs

2 tablespoons shredded cheese (e.g. cheddar, mozzarella)

2 tablespoons lowfat (1%) milk

1 pinch ground black pepper

Directions

1. Coat the inside of a large microwave-safe mug or bowl with nonstick cooking spray.
2. Add the pepper and onion blend and sausage. Microwave on high power (default setting) for 1 minute.
3. Use a paper towel to carefully soak up any liquid.
4. Add the English muffin pieces and cheese. Stir to combine, then set aside.
5. In a separate small bowl, use a fork to whisk together the eggs, milk, and black pepper.
6. Pour the egg mixture over English muffin mixture, then let sit for 1-2 minutes to soak.
7. Microwave on high power (default setting) until the eggs are no longer runny, about 2-3 minutes.
8. Let sit for 2 minutes, then serve warm.



Nutrition Facts Per Serving: Calories: 445 | Total Fat: 20 g | Saturated Fat: 7 g
Sodium: 765 mg | Total Carbohydrate: 34.5 g | Dietary Fiber: 5 g | Protein: 29.5 g

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