



## Italian Sausage Quiche

A great way to start your morning or week! I love to pre-make this on a Sunday evening and then simple warm up servings throughout the week for a super quick breakfast that tastes great and is packed with protein. Oh and did I mention that it tastes great!!!

Prep Time: 10 min.

Cook Time: 50 min.

**Ready In: 60 min.**

**Serving Size:** 8 servings

### Ingredients

- ✓ 12 oz. chicken Italian sausage links (or turkey)
- ✓ 6 large eggs
- ✓ 3 large egg whites
- ✓ ½ cup unsweetened coconut milk (or milk of choice)
- ✓ ¼ tsp pepper
- ✓ ½ cup of mozzarella cheese
- ✓ 1 large bell pepper diced

### Directions

1. Preheat oven to 375 degrees. Use cooking spray to cover a 9 inch pane with oil.
2. Cut sausage into bite sized pieces. Cook sausage and diced bell pepper in a skillet over medium heat with cooking spray until golden brown.
3. Spread the sausage and peppers evenly in the bottom of the 9 inch pan.
4. Wisk eggs, egg whites, milk, cheese and seasoning in a medium bowl until well mixed.
5. Pour egg mixture into 9 inch pan covering the sausage and peppers.
6. Cook uncovered for roughly 50 minutes or until quiche has puffed slightly and top is golden-brown.

### Nutrition

*Amount per serving*

- ❖ Calories: 197
- ❖ Total Fat: 11
- ❖ Total Carbs: 3 g
- ❖ Protein: 21 g
- ❖ Cholesterol: 190 mg
- ❖ Sodium: 548 mg
- ❖ Potassium: 72 mg