

## Turkey Egg Breakfast Casserole

This is one of my favorite recipes. Why do I love it? It has very simple ingredients and is quick to pull together. It's also dairy-free and meets Paleo and Keto guidelines. Using lean turkey meat and fresh veggies makes me feel like I'm making great food choices, but doesn't lose any of the flavor. This tastes amazing at any time of day!

Recipe: <https://www.aimeemars.com/turkey-egg-breakfast-casserole/>

### Ingredients

1 tablespoon Coconut Oil plus more for coating the dish (olive oil works too)  
1 lb. Ground Turkey (use lean turkey to keep it healthier)  
1/2 teaspoon Chili Powder  
1/2 teaspoon Garlic Powder  
12 large Eggs  
1 small Sweet Potato peeled and sliced thin  
1 cup Baby Spinach  
Optional Veggies (I like 1 cup grape tomatoes and ¼ large yellow onion)  
Salt (optional)  
Pepper (optional)  
Rosemary (optional)

### Instructions

- Preheat the oven to 375°F. Grease a 9 x 9 baking dish with coconut oil and set aside.
- Peel and slice the sweet potato, making sure to cut them 1/4-inch or less in thickness. Any thicker and they won't be tender. Line the bottom of the greased baking dish with the sliced potatoes in a single layer, some overlap is okay.
- Melt 1 tablespoon of coconut oil in a medium-sized skillet over medium heat add the ground turkey and season with chili powder and garlic powder (add salt and pepper too for more seasoning if desired). Using a spatula break the meat apart and cook until browned, about 3 to 5 minutes. Drain and place on top of the sweet potato layer.
- In a medium bowl beat the eggs with a whisk and pour over the ground turkey layer. Season with additional salt, pepper, and rosemary if desired.
- If using, sprinkle additional veggies on top of the casserole
- Place the dish in the oven and cook for 30 minutes. Carefully slide the dish out, without removing it from the oven, and top with the spinach. Return to its position and continue cooking for 5 to 15 minutes until the center of the casserole is firm. I usually cook my casserole for 40 to 45 minutes in total.

*Submitted by: Rachel Longfellow, Market Director of Operations, Arkansas Health Network*

