

← Protein-Packed Turkey Egg Bre...

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Protein-Packed Turkey Egg Breakfast Bake

Prep time	Cook time	Total time
10 mins	40 mins	50 mins



Author: Apple of My Eye

Serves: 6 servings

Ingredients

- 1 lb lean ground turkey
- 6 egg
- ½ cup egg whites
- 1 cup thinly sliced potato
- ½ cup diced onion
- 1 cup diced bell pepper
- 2 cups spinach
- ¼ cup shredded cheddar cheese

Instructions

1. Preheat oven to 375.
2. In a large skillet, heat 1 tbsp of olive oil and cook the turkey. Season with garlic salt and pepper. Cook until done.
3. Whisk together the eggs and egg white. Season liberally with salt and pepper.
4. Spray a large baking dish with cooking spray and layer in the potatoes. Top the potato layer with the diced onion, bell pepper, 1 cup spinach, turkey and pour the egg mixture on top. Top with the cheese and layer an additional 1 cup of spinach on top.
5. Bake for 40-45 minutes or until egg layer is cooked and slightly browning.

Nutrition Information

Serving size: 1/6th recipe Calories: 243 Fat: 11g Saturated fat: 3.6g Carbohydrates: 7.1g Sugar: 1g Fiber: 1.3g Protein: 27.9g Cholesterol: 234mg

Recipe by Apple of My Eye at <https://apple-of-my-eye.com/protein-packed-turkey-egg-breakfast-bake/>

