

BUTTERNUT SQUASH, CHICKEN SAUSAGE, & KALE QUICHE

NUTRITION FACTS

Serving Size: 1 cup (recipe makes 6 servings)

Calories: 236 | Carbohydrates: 12g | Protein: 17g | Total Fat: 14g | Saturated Fat: 4g | Sodium: 516mg | Fiber: 2g

INGREDIENTS

- 2 cups Butternut squash (very thinly sliced)
- 10 Eggs
- 1 tsp Garlic powder
- 1 Red bell pepper (large, diced)
- 1/2 cup Red onion (diced)
- 2 cups Kale leaves (stems removed, chopped)
- 8 oz Chicken sausage (diced)
- Sea salt & black pepper (to taste)

DIRECTIONS

1. Preheat the oven to 400°F (205°C). Line a greased casserole dish with the butternut squash pieces so the entire bottom and sides are covered, acting as a crust.
2. In a large bowl, whisk the eggs with the garlic powder, salt, and pepper. Add the bell pepper, onion, kale, and sausage. Mix well to combine.
3. Add the egg mixture to the casserole dish. Bake for 45 minutes, or until the egg has risen and is starting to brown on top.
4. Remove from the oven, slice, and serve immediately. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

More Flavor: Add onion powder and smoked paprika.

Additional Toppings: Grated cheese or goat cheese.





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