



Simple Egg Bake

A hearty, versatile breakfast you can whip up in one pan. Great for weekly meal prep.

Ingredients:

- 12 eggs
- 1 medium onion (diced)
- 1 lb pork sausage (ground)
- 1–2 green peppers (diced)
- 2 cups fresh spinach
- 1 Tbsp olive oil or butter (for cooking)
- Salt & pepper (to taste)

Optional Variations:

- 1–2 cups diced roasted sweet potatoes
 - Mushrooms, zucchini, or tomatoes
 - Shredded cheese on top
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Directions

1. **Preheat oven to 400°F.**
2. Heat a cast iron skillet or oven-safe large pan over medium heat. Add olive oil or butter.
3. **Cook onions** until soft (3–4 minutes).
4. Add **pork sausage**, breaking it apart. Cook until browned.
5. Stir in **green peppers** and cook 3–4 minutes.

6. Add **spinach** last and cook until just wilted.
7. In a bowl, **whisk 12 eggs** with a pinch of salt & pepper.
8. Pour eggs evenly over the cooked mixture in the skillet.
9. Place skillet in oven and **bake for 13 minutes**.
10. For a golden top, switch to **low broil** for 1–2 minutes to finish.
11. Slice and serve hot!

Notes & Tips

- Great meal prep: store in fridge up to 4 days.
- Pair with salsa, avocado, or hot sauce.
- Try adding roasted sweet potatoes for extra fuel and flavor.