

Quinoa, Spinach & Sausage Breakfast Casserole

Prep Time: 20 minutes
Cook Time: 60 minutes
Total Time: 1 hour, 20 minutes

Yield: 8 servings
Calories per serving: 364
Fat per serving: 21.3g

Ingredients

- 16 large eggs OR 16 ounces organic silken tofu
- 1 cup milk or almond milk
- 1 ½ teaspoons salt
- ½ teaspoon fresh ground black pepper
- 1 onion, chopped fine
- 8 ounces breakfast sausage OR [tempeh sausage](#), browned
- 2 cups cooked quinoa
- 10 ounces frozen spinach, thawed and squeezed dry
- 4 ounces cheddar cheese OR Daiya shreds
- 2 ounces parmesan cheese or vegan parmesan
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Instructions

1. Preheat oven to 350 degrees. In a large bowl combine eggs, milk, salt and pepper. Whisk together and set aside. Alternatively, if using tofu combine tofu, milk, salt and pepper in a blender and process until smooth.
2. Spray a large oven safe pan with olive oil. Add onion and cook for 10 to 12 minutes, or until tender. Add sausage and cook until heated through. Remove from heat.
3. Stir onion mixture with cooked quinoa and spinach. Pour egg or tofu mixture over and then top with cheeses.
4. Bake for 45 to 50 minutes. Serve warm

Notes

Servings 8, Calories 364, Fat 21.3g, Carbohydrates 16.5g, Protein 28.2g, Cholesterol 396 mg, Sodium 819mg, Fiber 2.0g, Sugars 3.2g, WW Pts 10

<http://www.cookingquinoa.net/quinoa-spinach-sausage-breakfast-casserole>