



# Egg White Oatmeal Bake

 **SERVINGS** 

4

 **COOKING TIME** 

60 Minutes

Breakfast casseroles are perfect for entertaining and make for a great addition to your breakfast or brunch. This recipe for Egg White Oatmeal Bake is full of delicious ingredients including fresh veggies, turkey sausage, eggs, and rolled oats. Combined together these ingredients create a hearty dish perfect for sharing with friends and family.

## Ingredients

- 1 Green bell pepper
- 1 Roma Tomato
- 2 Green onions
- 2 links Turkey sausage
- 8 Eggs
- 3 oz Baby spinach
- 1 can Chopped green chilies (4oz)
- 2 cups [Quaker® Oats-Old Fashioned](#) rolled oats

## Cooking Instructions

1. Preheat oven to 350°.
2. Coat a medium baking dish with cooking spray.
3. Remove and discard the stem, seeds, and pith from the bell pepper. Dice the bell pepper and tomato into ¼-inch pieces.
4. Slice the green onions on a bias. Reserve for plating.
5. Remove turkey sausage from casings, discard casings and place in a small bowl; set aside.
6. In a large bowl, separate the egg whites from the egg yolks. Discard the egg yolks. Add ¼ cup of water, ½ teaspoon salt and ¼ teaspoon pepper. Whisk well.
7. Heat 1 tablespoon of olive oil in a medium sauté pan over medium-high heat. When hot, add the sausage and stir until brown, about 3 minutes.

8. Add bell peppers, tomatoes, spinach, and chilies and sauté until the peppers are tender, about 3 minutes. Season with ½ teaspoon each of salt and pepper.
9. Add the oats and sausage and bell peppers mixture to the large bowl with the eggs. Stir and transfer to the prepared medium baking dish.
10. Bake for 20 minutes or until the casserole is set.
11. Allow the casserole to rest for 5 minutes.
12. Top the egg white and oat brunch bake with sliced green onions.
13. Serve and enjoy!