

# Egg White Oatmeal Bake



## 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 (4 oz)
- 2 cups Quaker® Oats-Old Fashioned rolled oats

## How to make it

1. Preheat oven to 350°F.
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 1/4-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 1/4 cup of water, 1/2 teaspoon salt and 1/4 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 1/2 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

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	30 min	45 min	4

## Made with



Quaker® Oats-Old Fashioned

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!