

Feta and Spinach Breakfast Casserole

16 eggs

4 to 8 oz of breakfast sausage, cooked and crumbled

2 to 3 large handfuls of spinach

4 – 6 oz feta, crumbled (I prefer a mild one because I don't want the flavor to overwhelm the rest of the ingredients)

Black pepper

8x8 square baking dish

300°F oven

Sprinkle the breakfast sausage and the feta into the baking dish. Tear the spinach into silver dollar size pieces into the baking dish. Crack some black pepper over the top to your liking. Add the eggs. Use a fork to whisk everything together. Bake for around an hour (a thermometer should register 165°F in the center of the casserole). Remove and either serve or cool and refrigerate for later. To reheat, place in a 300° oven and heat till hot (time will depend on whether you are reheating the whole casserole or just a piece)

Note: I have made two of these before, cut one of them in wedges, wrapped the wedges in plastic wrap, and frozen them. In the morning, I pull a wedge out, unwrap it, and place it in a 300° oven for about 20 minutes and it's ready to go.

Cheers!