

BREAKFAST

Loaded Breakfast Bake

Makes 8 servings · about 1 cup each

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	HIGH
Per serving (approx.): Protein 20 g · Fiber 2 g · Calories 260	

Ingredients

- 1 Tbsp olive oil
- 1 cup diced yellow onion
- 1 cup diced red bell pepper
- 2 cups diced potatoes
- 1 lb pre-cooked breakfast sausage (see NuStart recipe to make your own)
- 8 eggs
- ½ cup whole milk
- ½ cup shredded cheddar cheese

Directions

1. Preheat the oven to 350°F and grease a 9"×13" baking dish.
2. In a large frying pan, sauté the onion and pepper until softened.
3. Remove from heat and stir in the raw potatoes and cooked sausage; transfer to the baking dish.
4. Beat the eggs and milk until creamy and pour over the mixture. Top with cheese.
5. Bake, uncovered, 35–40 minutes, until the eggs are cooked and potatoes are tender.

Note: Refrigerate leftovers up to 5 days or freeze up to 3 months. Add extra vegetables (mushrooms, spinach, jalapeños) if you like.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium onion (about 1 cup diced)
- ☐ 1 red bell pepper (about 1 cup diced)
- ☐ 2 medium potatoes (about 2 cups diced)

MEAT & POULTRY

- ☐ 1 lb pre- breakfast sausage (see NuStart recipe to make your own)

DAIRY & EGGS

- ☐ 8 eggs
- ☐ ½ cup whole milk
- ☐ ½ cup cheddar cheese

CHECK YOUR PANTRY

- ☐ Olive oil