 **Sausage Breakfast Bake**

*Serves 4*

**Ingredients**

10 oz turkey breakfast sausage links

1 green pepper, roughly chopped

1 red pepper, roughly chopped

1 yellow onion, roughly chopped

1 cup sliced mushrooms

1 tsp olive oil

1 cup 2% shredded mozzarella

**Directions**

1. Preheat oven to 450 degrees F. Place peppers, onions, and mushrooms in a baking dish and toss with 1 tsp olive oil and seasoning of choice. Bake for 20 minutes.
2. Brown sausage in a skillet according to package directions. Once browned, remove from heat and place on cutting board. Cut into thirds.
3. Remove pepper mixture from oven after 20 minutes. Mix in sausage and bake for another 5 minutes.
4. Sprinkle with cheese and broil 1-2 minutes. Split into four equal servings.

**Nutrition**

*300 cals, 11g carb, 29g protein, 15g fat*