

# Low-Carb No Egg Breakfast Bake with Sausage and Peppers



Serves 4

Ingredients:

- 1 large green bell pepper, chopped
- 1 large red bell pepper, chopped
- 1 teaspoon +  $\frac{1}{2}$  teaspoon olive oil
- Fresh-ground black pepper, to taste
- 12 links (about 10 ounces) turkey or pork breakfast sausage links

- 1/2 cup mozzarella cheese, grated

Instructions:

1. Preheat oven to 450°F.
2. Spray a baking dish with non-stick spray.
3. Place peppers into the baking dish, toss with 1 teaspoon olive oil and ground black pepper. Bake for 20 minutes.
4. While the peppers cook, heat the rest of the olive oil in a non-stick pan, add the sausages and cook over medium-high heat until they're nicely browned on all sides, about 10-12 minutes.
5. Once sausage links are cooked, remove from heat and cut into thirds.
6. When the peppers have cooked for 20 minutes, stir in the sausages and bake 5 minutes more.
7. Remove from oven, turn oven to broil, sprinkle the grated mozzarella over the sausage-pepper combination and put back in oven and broil 1-2 minutes, or until the cheese is nicely melted and starting to brown. Serve hot.

Nutrition per serving: Calories 210; Total Fat 12.9 g; Saturated Fat 4.2 g; Monounsaturated Fat 5.2 g; Polyunsaturated Fat: 2.2 g; Total Carbohydrates 7.0 g; Dietary Fiber 1.6 g; Sugar Alcohols 0.1 g; Sugars 4.3 g; Protein 16.1 g; Sodium 547 mg