

Be Unstoppable Vandal Breakfast Bake	<i>The perfect hearty breakfast to be unstoppable during your day. The crispy Idaho potato crust combines perfectly with the delicious Vandal Old Fashion Breakfast Sausage, melted cheese, eggs, and veggies.</i>
FROM THE KITCHEN OF	<i>Jolene Whiteley & Hannah Kindelspire</i>
TOTAL SERVINGS	<i>16 (2 breakfast bakes)</i>
SERVING SIZE	<i>1 slice (8 slices per breakfast bake)</i>
DIETARY CONSIDERATIONS	<i>Gluten-free, vegetarian option</i>
WINE PAIRING SUGGESTION	<i>Serve with your favorite morning mimosa or coffee</i>

INGREDIENTS FOR: Be Unstoppable Vandal Breakfast Bake

4-6	<i>Idaho potatoes (medium)</i>
3 tablespoons	<i>Olive oil, divided</i>
12	<i>Eggs</i>
8 ounces	<i>Vandal Sausage</i>
1 onion	<i>Onion, diced</i>
10 ounce bag	<i>Spinach</i>
8 ounces	<i>Fresh mushrooms, sliced</i>
1 cup	<i>Cheddar cheese, grated *or hard cheese of choice</i>
1 teaspoon	<i>Onion powder</i>
1 teaspoon	<i>Paprika</i>
1 teaspoon	<i>Garlic powder</i>
½ teaspoon	<i>Salt</i>
½ teaspoon	<i>Pepper</i>

DIRECTIONS

NOTE	<i>This recipe makes 2 breakfast bakes in a pie pan each. One with and one with without sausage, feel free to add sausage to both bakes. *Use a whole pounds of breakfast sausage, 8 oz in each bake.</i>
STEP 1	<i>Pre heat oven to 400 F</i>

STEP 2	<i>Thinly slice your potatoes, add to a bowl with 2 tbs of olive oil, salt, pepper, garlic powder, onion powder, and paprika. Use your hands and mix the potatoes with the seasoning until all the potatoes are evenly coated.</i>
STEP 3	<i>Layer the potatoes in a 9-inch pie dish starting in the center and move outward to form a crust. Ensure all space and sides are covered, 2 layers, about 1 ½ cup of potatoes in each. The crust will shrink once cooked.</i>
STEP 4	<i>Bake potato crust at 400 degrees F for 25-30 minutes until the crust is golden.</i>
STEP 5	<i>While the crust bakes add your sausage to a fry pan and cook thoroughly, once cooked move to a bowl and set aside. Peel and dice your onion, add to the fry pan with the remaining oil. Cook until the onions are soft and translucent. Wash and slice your mushrooms, add to the skillet with the onions and continue to cook. Then add the spinach and continue to cook until everything is fully cooked down.</i>
STEP 6	<i>Grate 1 cup of cheese; ½ cup portions for each bake and set aside.</i>
STEP 7	<i>Remove the crust from the oven, add the crumbled sausage to the bottom of 1 crust. Divide your vegetable mixture in half. Add to each crust (about 1 ½ cups). Whisk 6 eggs in a bowl and add ½ cup of grated cheese, pour into 1 crust. Repeat for the next crust, each breakfast bake will have 6 eggs and ½ cup of grated cheese.</i>
STEP 8	<i>Return the breakfast bakes to the oven, bake for 20 minutes. The breakfast bake with sausage will need an additional 10 minutes. Internal temperature should reach 165 degrees F.</i>
STEP 9	<i>Allow to cool, slice, and enjoy.</i>

NUTRITIONAL DATA

CALORIES	229 calories
TOTAL FAT	14 g Total Fat 5 g Saturated Fat 0 g Trans Fat
CHOLESTEROL	146 mg
SODIUM	498 mg
TOTAL CARBOHYDRATE	14 g Carbohydrate 2 g Fiber 0 g added sugar
PROTEIN	13 g protein
NOTE	<i>Nutrition facts calculated with sausage added</i>