



Turkey Sausage Scramble

1 serving
10 minutes

Ingredients

- 115 grams Turkey Sausage (casing removed)
- 1 cup Baby Spinach (chopped)
- 1 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 257 |
| Fat | 14g |
| Carbs | 2g |
| Fiber | 1g |
| Sugar | 0g |
| Protein | 29g |
| Cholesterol | 272mg |
| Sodium | 777mg |
| Vitamin A | 3169IU |
| Vitamin C | 11mg |
| Calcium | 80mg |
| Iron | 3mg |

Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

Leftovers: Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

More Flavor: Add onion, mushrooms, or bell pepper.

Additional Toppings: Hot sauce, ketchup, avocado, or salsa.

No Spinach: Use kale instead.

No Turkey Sausage: Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.