

Breakfast Casserole

INGREDIENTS:

- 12 slices of sugar free bacon
- 2 large sweet potatoes sliced into thin rounds approximately ¼ “
- 1 T melted cooking fat (olive oil, coconut oil, ghee) + sea salt for roasting sweet potatoes
- 3 cups Brussels sprouts, tops removed and either quartered or chopped plus about 1 T cooking fat plus a pinch of sea salt for roasting
- 1 large onion sliced thin
- 12 eggs
- 1/3 cup full fat coconut milk
- ½ tsp salt
- ½ tsp. Garlic powder
- Black pepper to taste
- ¼ cup shredded Parmesan cheese if you include dairy in your diet (optional)

PROCESS:

- Preheat oven to 425 degrees F and grease a 9 x 13” casserole dish with coconut oil, and line a baking sheet with parchment paper.
- Cut the bacon into 1” pieces and cook in a skillet, over med/hi heat, stirring occasionally for even browning, until crisp. Remove with a slotted spoon to drain on paper towels and set aside. Reserve at least 3-4 T of bacon fat to caramelize your onions.
- Now it’s time to roast your sweet potatoes and Brussels sprouts. Toss the sweet potato rounds with your cooking fat and sea salt to taste, and arrange,(overlapping since they will shrink after roasting) over the bottom of your casserole dish.
- Now do the same with your Brussels sprouts, this time arranging them on the parchment lined baking sheet in a single layer. Place the casserole dish and baking sheet in your oven to roast. The sweet potatoes will roast for about 30 minutes until soft and the Brussels sprouts for about 20 minutes.
- Meanwhile, it’s time to caramelize the onions. Heat the pan you cooked your bacon in over low/med heat and add the onions, tossing with the leftover reserved bacon fat.
- Add a pinch of salt, and cook, stirring occasionally, adjusting the heat if any onions begin to brown too quickly. Your goal is to cook the onions long and slow

(about 25 minutes) to bring out the most flavor! Once they're deeply caramelized and very soft, remove from heat.

- While the onions cook, whisk together the eggs, coconut milk, garlic powder, salt and pepper. Parmesan cheese if you are using.
- Now it's time to assemble the casserole. Lower your oven heat to 400 degrees F, then layer your roasted Brussels sprouts over your sweet potato rounds in the casserole dish. Remove the caramelized onions with a slotted spoon and layer over the Brussels sprouts, follow with the cooked bacon. Finally, pour the whisked egg mixture over the casserole to evenly cover.
- Bake in the 400 degree F oven for about 25 minutes until the center is just set and edges begin to turn light brown. Allow to cool for a bit in the baking dish before cutting into pieces and serving warm.
- Leftovers can be stored, covered, in the refrigerator for up to 5 days.
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ENJOY!

From: paleorunningmomma.com

