

## Mexican Casserole

Serves 4

1 large sweet potato, peeled and sliced into thin rounds  
1/2 yellow onion, chopped  
1 red bell pepper, chopped  
1 TBSP olive oil, divided  
1/2 lb chicken sausage, (casings removed)  
4 eggs  
6 egg whites  
1 tsp chili powder  
1 tsp cumin  
1/4 c nutritional yeast  
1 c salsa  
fresh cilantro and avocado

Preheat Oven to 375 degrees and grease a 8 x 8" square pan.

In a large skillet add a 1/2 TBSP of olive oil to pan and heat to medium. Add sliced sweet potatoes to pan and cook until soft. Arrange sweet potatoes on the bottom of the greased square pan.

Next add other 1/2 TBSP of olive oil to pan and add chopped onion and peppers and sauté for 5 minutes. Then add the 1/2 lb of sausage to the pan and cook while breaking up the lumps. Place the sausage mixture evenly on top of the sweet potatoes then pour the salsa.

In a separate large bowl, whisk together the eggs, eggs whites, chili powder, cumin and nutritional yeast. Pour the egg mixture into the pan over the potatoes, sausage and salsa mixture.

Bake at 375 degrees for 25 minutes or until cooked in the center and slightly browned around the edges.

Garnish with avocado and cilantro