

Everything Bagel Breakfast Casserole

Ingredients

- 8 oz turkey breakfast sausage links (cook & thinly sliced into coins)
- 1 3/4 cups milk
- 1 cup cottage cheese
- 1/3 cup shredded sharp Cheddar
- 2 tbsp everything bagel seasoning
- 6 large eggs (lightly beaten)
- 6 egg whites
- 2 scallions (thinly sliced)
- 3 whole wheat everything bagels (cut into 1 1/2- to 2" pieces)
- 8 oz cherry tomatoes (quartered)
- 1 tbsp capers
- 1 tbsp sherry vinegar or apple cider vinegar
- 1 tsp olive oil
- 1/4 small red onion, (thinly sliced)
- Kosher salt (to taste)
- Ground black pepper (to taste)

Directions

1. Combine the sausage, milk, cottage cheese, Cheddar, everything bagel seasoning, whole eggs and scallion whites in a large bowl.
2. Whisk the egg whites in a medium bowl until thick, very frothy and white, 3 to 4 minutes.
3. Gently fold the egg whites and bagels into the sausage mixture. Pour into a 9-by-13-inch baking dish and cover tightly. Refrigerate for at least 6 hours and up to overnight.
4. Preheat the oven to 400 degrees F. Uncover the baking dish and bake until the eggs are set and the bagels pieces are slightly brown on top, 45 to 50 minutes. Let cool for 10 minutes before serving.
5. Meanwhile, combine the tomatoes, capers, vinegar, olive oil, red onion, 1/4 teaspoon salt and a few grinds of pepper in a medium bowl. Let sit at room temperature until ready to serve.
6. Slice the casserole into 8 portions and serve each with some tomato salad. Garnish with more bagel seasoning and the scallion greens.

