

Breakfast Skillet

Diabetes Friendly

Items Needed: cutting board, knife, measuring cups, measuring spoons, fork, skillet with lid, wooden spoon

Serves: 4

Ingredients:

- 1 cup roasted vegetables
- 4 pieces Chicken breakfast sausage
- 2 tsp of olive oil
- 3-4 eggs (1 per serving.)
- Salt and Pepper to taste

Directions:

1. Place your skillet over medium heat and add your oil. Let the oil come up to temperature and chop, add chicken sausage and cook 4-5 minutes until warmed through
2. Add in roasted vegetables to the skillet, warming through ~ 5 minutes
3. Toss sausage and roasted vegetables together and remove from heat.
4. Top with an egg, scrambled or pan fried and enjoy.

Nutrition Information (per ¼ recipe):

Calories: 156 Fat: 11 g Carbs: 4 g Protein: 9 g Fiber: 1 g Sodium: 277 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

