



#MakeItGAP

RECIPES

WHOLE30® POTATO SAUSAGE BREAKFAST BITES

YIELD: about 8 bites

INGREDIENTS:

2 slices Whole30® compliant bacon, *chopped*
4 ounces ground turkey
1/3 cup chopped red or green bell pepper
1/4 cup chopped onion
1 1/3 cups coarsely shredded Yukon Gold potatoes (about 10 ounces)
1/2 tsp. dried sage
1/4 tsp. dried thyme
1/4 tsp. garlic powder
1/4 tsp. salt
1/8 tsp. black pepper
5 large eggs, *beaten*

PREPARATION:

Preheat the oven to 375°F. Lightly grease eight 2 1/2 inch muffin cups.

In a large skillet, partially cook the bacon over medium heat, stirring occasionally, about 5 minutes. Add the turkey, bell pepper, and onion. Cook, stirring occasionally, until the turkey is cooked through and the bacon is crisp, 5 to 7 minutes.

Transfer to a large bowl.

Add the potatoes, sage, thyme, garlic powder, salt, and pepper to the meat; stir to combine.

Spoon the filling into the muffin cups. Pour the eggs over the filling until the cups are full. Bake for about 20 minutes, until a knife inserted in the center comes out clean. Run the knife around the edges of the muffin cups to release the bites. Serve warm.

Recipe from the *Whole30® Friends & Family Cookbook*