



Italian Bowl with Sausage

directions

1. Preheat oven to 350 degrees.
2. Spray 4 individual casseroles or oven safe bowls with vegetable spray.
3. In a bowl whisk together eggs, milk & nutmeg. Set aside.
4. Place one croissant torn into pieces into each baking dish.
5. Evenly divide the cooked sausage, basil leaves, tomatoes & cubes of cheese between the dishes.
6. Pour the egg mixture over the ingredients in each bowl.
7. Place dishes on a baking sheet. Bake for about 30-40 minutes until eggs are set and puffy just a bit golden brown.

notes

These can be prepped the night before, covered, and refrigerated for a busy morning. If you do this, use 1½ cup milk when preparing.

The variations on these bowls are endless. You could add onions, chopped spinach, or bell peppers.

Try this recipe with any of your favorite beans such as kidney, cannelloni, or great northern.

Try this recipe using Swaggerty's 1930 Family Recipe "Hot" Sausage if your family likes their dishes a bit more spicy.

to serve

Serve hot.



4

servings

10 min

prep time

30 - 40 min

cook time

ingredients

½ lb cooked, crumbled, and drained Swaggerty's Farm sausage

4 store-bought croissants or crescent rolls

16 cherry tomatoes

16 fresh basil leaves torn into pieces

6 eggs

1 cup milk

¼ tsp grated nutmeg

4 to 6 ounces mozzarella cheese cut into cubes

Salt & pepper

Pairs well with: Fresh fruit, brunch

Special Kitchen Tools: N/A