



ADVANCE BIOMEDICAL TREATMENT CENTER

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SPINACH POTATO SAUSAGE CASSEROLE

Ingredients:

3 eggs, beaten

½ cup unsweetened coconut milk

½ cup Daiya shredded Pepper Jack cheese

½ cup soft tofu cut in cubes

¼ cup Earth Balance margarine melted

¼ cup onion, grated

1 cup spinach, chopped

6 preservative-free chicken/turkey/pork sausages cut in chunks

2 potatoes washed, peeled and sliced thinly

½ cup grape tomatoes cut in half

Beat eggs, mix in coconut milk, margarine, cheese and tofu, set aside.

Mix remaining ingredients and pour in the egg mixture. Mix well and transfer into a greased 8x8 inch baking pan.

Bake at 350 degrees for 50 minutes to 1 hour.