

NYE 2021 AT HOME

Friday, December 31st

LIVE ONLINE

Spirit and Truth Sanctuary Presents...

NYE 2021 AT HOME!

We will LAUGH, WORSHIP, receive a powerful WORD of encouragement and bring in the New Year in a high vibration!

◆**11PM • NYE Service Live Online & Virtual Champagne Toast**

• 2022 is here!!! Celebrate with us as we ring in the New Year!

◆**9PM • Pre-Service In The Kitchen with D.E. & Brandi**

- Join Brandi and me for a **LIVE COOKING SHOW**. Grab the ingredients from one or both recipes and let's eat something yummy and healthy as our first meal of 2022.

NYE 2021 AT HOME SUPPLIES LIST - PICK ONE OR BOTH:

- We are making a healthy breakfast for after service! We invite you to join us at 9pm and substitute as you wish!

◆NYE Breakfast Supplies:

D. E.'s Double Chocolate Protein Muffins:

- Box Dark Chocolate Kodiak (Protein) Muffin Mix
 - 1 cup vanilla unsweetened almond milk
 - 2 eggs
 - Kodiak Protein oats (oatmeal)
 - 1 banana
 - 1 scoop chocolate protein powder
 - 1/2 cup dark chocolate morsels
 - 1/3 cup vegetable oil (I like sunflower, safflower, coconut or avocado oil)
 - 1/3 cup crushed pecans (or almonds or walnuts)
 - cooking spray (preferably olive oil or avocado oil)
 - muffin tin, mixing bowl, blender

Egg White Casserole with Sweet Potato Crust:

- 1 pound sweet potatoes (about 2 medium), peeled and shredded
 - 2 tablespoons olive oil
 - 1/4 teaspoon salt
 - 1/2 teaspoon pepper
 - 16 ounces lean turkey sausage
 - 1 red bell pepper, diced
 - 3 green onions, thinly sliced
 - 2 cups tightly packed fresh baby spinach
 - 2 large eggs and 10 egg whites
 - 1/3 cup skim milk
 - 16 oz. low-fat cottage cheese
 - 1/2 cup shredded Cheddar cheese

◆**DON'T FORGET YOUR SUPPLIES FOR OUR CHAMPAGNE TOAST ...or use sparkling cider or anything bubbly!**

Egg White Casserole with Sweet Potato Crust and Turkey Sausage

Instructions

1. Preheat the oven to 425° F. Lightly coat a 9×13-inch inch baking dish with cooking spray.
2. In a medium-sized bowl, toss the shredded sweet potatoes with olive oil, salt and pepper.
3. Transfer the potatoes to the prepared 9×13-inch baking dish, pressing down into the bottom of the pan, and up the sides, if desired.
4. Bake at 425°F for 20 minutes or until golden brown on edges.
5. Turn the oven heat down to 375°F.
6. While the crust cooks, cook turkey sausage in a large skillet over medium-high heat, breaking it up as it cooks. When it's nearly done, add bell pepper and green onions and continue to cook for 3-4 minutes or until bell peppers are tender. Add spinach and cook, stirring, until spinach is wilted, 1-2 minutes. Cool slightly.
7. In a large bowl, whisk eggs with egg whites and skim milk. Stir in cottage cheese and cheddar cheese.
8. Stir turkey sausage mixture into egg mixture until combined.
9. When crust has finished cooking, pour egg and sausage mixture over the crust.
10. Cook at 375°F for 45-55 minutes, or until eggs are set.
11. Serve hot. If you would like to serve it later, cool in refrigerator, and then cover, and keep stored in fridge. Reheat.

CLICK HERE TO PRINT FULL RECIPE: https://www.rachelcooks.com/wprm_print/28516

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Recipe Link: <https://www.rachelcooks.com/egg-white-casserole-turkey-sausage/#wprm-recipe-container-28516>