

# 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, add chicken sausage and cook 4-5 minutes until warmed through
2. Add 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>

