AMERICAN · BREAKFAST

Turkey, Spinach and Artichoke Breakfast Casserole

65 min · Serves 12 · 222 kcal a serve · Video 4:51 · Downshiftology

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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21 g protein and about 2 g net carbs a serve, rich in selenium, vitamin B12 and vitamin K: eggs baked over browned turkey with artichokes, bell pepper and spinach, with no dairy or flour. Paleo as written; the eggs give it too much saturated fat for DASH.

Diet notes: Low carb (2.1 g net carbs) but not keto: 56% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 13 · SERVES 12

- [ ] 16 large **eggs**, beaten
- [ ] 2 tbsp extra **virgin olive oil** (or avocado oil)
- [ ] ½ **yellow onion**, diced
- [ ] 1 **bell pepper** (any colour), diced
- [ ] 680 g **ground turkey**
- [ ] 1 tsp **chili powder**
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **dried oregano**
- [ ] **Salt**: kosher salt and black pepper, to taste
- [ ] 2 **green onions**, sliced
- [ ] 1 can (400 g) **artichoke hearts**, drained, squeezed dry and roughly chopped
- [ ] 60 g (packed) **baby spinach**
- [ ] a handful of extra **baby spinach**, for the top

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 190°C. Slice the green onions and set them aside for the top, and dice the onion and bell pepper. 0:33
2. Warm the oil in a sauté pan over medium heat, stir in the onion and pepper, then add the turkey and break it up. 1:07
3. Season with salt, pepper, chili powder, cumin and oregano, and cook about 10 minutes, until the turkey is browned and the pan is dry. 1:35
4. Meanwhile chop the artichoke hearts and squeeze out as much liquid as you can so the casserole isn't soggy, then whisk the eggs in a bowl. 2:03
5. Stir the spinach into the turkey for a minute or so, just until it starts to wilt. 2:52
6. Spread the turkey over the bottom of a 23×33 cm baking dish, scatter the artichokes over and pour in the eggs. Top with the green onions and a handful of spinach. 3:18
7. Bake 40–45 minutes, until the eggs are set in the centre, and cut into 12 squares. Grated parmesan or goat cheese can go on top if you like (not counted here, and not paleo). 3:35

Tip It reheats well, so cut it into portions for the week.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
222 kcal	**21** g	**3.3** g	**1.2** g	**14** g	**570** mg
930 kJ	42% of a day	2.1 g net · 1.8 g sugars	4% of a day	3.7 g saturated	25% of a day
		1% of a day		18% of a day	

Energy from net carbs 4% · protein 38% · fat 58% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 65% · Vitamin B12 59% · Vitamin K 32% · Vitamin B6 23% · Zinc 22% · Vitamin C 20%

Source of (10–19%) Vitamin A 17% · Folate 16% · Iron 11% · Vitamin E 11%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=zzvRKXgN0dc. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values and the Norwegian Food Composition Table (Matvaretabellen, values from ANSES-CIQUAL); % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-turkey-spinach-artichoke-breakfast-casserole