

Low FODMAP Roasted Vegetable and Sausage Breakfast Bake

A hearty make-ahead breakfast casserole packed with roasted vegetables and savory sausage—perfect for meal prep and gentle on sensitive stomachs.

Prep: 15 min

Cook: 73 min

Total: 88 min

Servings: 8

Low FODMAP ✓

Ingredients

Choose sausage without onion or garlic—check labels carefully 400g low FODMAP sausage, casings removed

Low FODMAP in normal portions 2 medium red bell peppers, diced (about 300g)

Low FODMAP up to 65g per serving 2 medium zucchini, diced (about 350g)

Approximately 25g per serving when divided into 8 portions—well within low FODMAP limits 200g cherry tomatoes, halved

Provides garlic flavor without FODMAPs 2 tablespoons garlic-infused olive oil

Naturally low FODMAP and high in protein 8 large eggs

Can substitute with almond milk or other low FODMAP milk alternative 120ml lactose-free milk

Aged hard cheeses like parmesan or Swiss are also naturally lower in lactose 150g lactose-free cheddar cheese, shredded

Low FODMAP herb for flavor 1 teaspoon dried oregano

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Green parts only—low FODMAP alternative to onions 2 tablespoons fresh chives, chopped

Adjust to taste 1/2 teaspoon salt

Adjust to taste 1/4 teaspoon black pepper

Instructions

Step 1: Roast the Vegetables

(25 min)

Preheat your oven to 200°C (400°F). Toss the diced bell peppers, zucchini, and halved cherry tomatoes with 1 tablespoon of garlic-infused olive oil, salt, and pepper on a large baking sheet. Spread them in a single layer and roast for 20-25 minutes until the vegetables are tender and beginning to caramelize at the edges. This step concentrates the flavors and removes excess moisture that could make your casserole watery.

Step 2: Cook the Sausage

(8 min)

While the vegetables roast, heat the remaining tablespoon of garlic-infused oil in a large skillet over medium-high heat. Add the sausage, breaking it into small crumbles with a wooden spoon. Cook for 6-8 minutes until browned and cooked through, with no pink remaining. Transfer the cooked sausage to a paper towel-lined plate to drain excess fat.

Step 3: Prepare the Egg Mixture

(3 min)

In a large mixing bowl, whisk together the eggs, lactose-free milk, dried oregano, and a pinch of salt and pepper until well combined and slightly frothy. The mixture should be smooth with no streaks of egg white visible. This custard base will bind all your ingredients together and create that classic casserole texture.

Step 4: Assemble the Casserole

(5 min)

Reduce oven temperature to 180°C (350°F). Grease a 9x13 inch (23x33 cm) baking dish with a little oil or cooking spray. Spread the roasted vegetables evenly across the bottom of the dish, then scatter the cooked sausage over top. Sprinkle two-thirds of the shredded cheese over the sausage and vegetables, reserving the rest for topping.

Step 5: Add Egg Mixture and Bake

(40 min)

Pour the egg mixture evenly over the vegetables, sausage, and cheese, making sure it seeps into all the corners. Gently shake the pan to help distribute the liquid. Sprinkle the remaining cheese and chopped chives over the top. Bake for 35-40 minutes until the eggs are set in the center and the top is golden brown. A knife inserted in the middle should come out clean.

Step 6: Cool and Serve

(10 min)

Remove the casserole from the oven and let it rest for 10 minutes before slicing. This resting time allows the eggs to firm up, making it easier to cut clean portions. Slice into 8 equal pieces and serve warm. Leftovers can be stored in an airtight container in the refrigerator for up to 4 days and reheated in the microwave for 1-2 minutes.