



Let's cook something delish!

Turkey Sausage and Egg Casserole

10 servings

Serving size: 1 slice

Ingredients

- ½ c. green onions (chopped)
- 2 c. nonfat milk
- Nonstick cooking spray
- ½ t. mustard powder
- ¼ t. salt (optional)
- ¼ t. black pepper
- 16 oz. egg substitute
- 4 slices whole wheat bread, cut into ½-inch cubes
- 3 precooked turkey breakfast sausage patties diced
- ¼ c. reduced-fat, shredded cheddar cheese

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Directions

1. Preheat oven to 350°F. Coat a 9" x 13" baking dish with cooking spray.
2. In a medium bowl, whisk together nonfat milk, green onions, dry mustard, optional salt, pepper and egg substitute.
3. Place bread cubes and sausage on the bottom of the baking dish, and pour egg mixture evenly over the bread and sausage. Top with cheddar cheese.
4. Cover pan with aluminum foil and bake for 20 minutes. Remove foil and bake for an additional 40 minutes.
5. Remove from oven and let cool for 20 minutes, then cut into 10 equal slices.

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Calories: 110, Total fat: 3 g, Saturated fat: 1 g, Cholesterol: 15 mg, Sodium: 300 mg, Total carbohydrate: 8 g, Fiber: 1 g, Total sugars: 4 g, Protein: 13 g

Source: DiabetesFoodHub.org

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.