



Breakfast Casserole

main meals

POINTS® Value: 6

Servings: 8

Preparation Time: 15 min (estimated)

Cooking Time: 40 min

Level of Difficulty: Easy

Course: main meals

Ingredients

- 1 cup(s) onion(s)
- 1 tsp dry mustard
- 1 tsp table salt
- 1 tsp black pepper
- 2 cup(s) Egg Beaters Egg Beaters
- 3 cup(s) Ore-Ida Country Style Hashbrowns
- 1 pound(s) raw turkey sausage
- 4 oz cheddar or colby cheese
- 2 cup(s) whole milk

Instructions

- Preheat oven to 350 degrees.
- Brown sausage with onion, then drain.
- Lightly spray 9"x13" casserole pan.
- Layer in potatoes (sprinkle with salt), sausage, and cheese. (Cheese will rise to top while baking.)
- Mix all other ingredients (egg, mustard, milk, pepper) and pour on top.
- Bake in 350 degree oven for 40 to 45 minutes or until lightly brown.

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Just some notes:☐

☐
I took the following recipe and ☐
converted it with WW-friendly ☐
substitutions: ☐

☐
<http://www.cooks.com/rec/view/0,175,149188-236203,00.html>☐

☐
☐
I buy really tasty turkey sausage - ☐
Shadybrook Farm Mild Italian I ☐
believe is the name. It's a little ☐
spicy, but the spicy isn't over the top ☐
and it mellows out with all the other ☐
flavors. ☐

☐
Dairy is one area I don't go low-fat . ☐
We have a toddler and usually use ☐
only whole, organic dairy. So this ☐
recipe is built with whole milk and ☐
whole cheese. You can substitute ☐
either or both and lower the points ☐
even more. ☐

☐
This dish could easily be more than ☐
eight servings. The eight servings ☐
are generous portions - well worth ☐
the 6 pts. So adjust accordingly. I ☐
eat a half portion and then fruit and ☐
a half English Muffin and it's more ☐
than enough to fill me up. ☐

☐
I hope you like it!