

Breakfast Sausage Casserole

This delicious egg, cheese and sausage casserole is prepared the night before. Place it in the oven early on a weekend morning for the whole family to wake up to this healthy breakfast idea.

Recipe Type: Breakfast, Meat

Ingredients

1 1 pkg. (16 oz.) turkey breakfast sausage, cooked, drained and crumbled
4 cups cubed day-old bread
2 cups Low fat shredded cheddar cheese
2 cans (12 fl. oz. each) Nestle Carnation Evaporated Milk
10 large eggs, lightly beaten
1 tsp dry mustard
¼ tsp onion powder
Ground black pepper to taste



Directions

- 1 Spray 13 x 9 inch baking dish.
- 2 Place bread in baking dish and sprinkle with cheese.
- 3 Combine evaporated milk, eggs, dry mustard, onion powder and pepper in medium sized bowl.
- 4 Pour egg mixture evenly over bread and cheese.
- 5 Sprinkle the sausage crumbles on top.
- 6 Cover and refrigerate overnight.
- 7 Preheat oven to 425 degree F.
- 8 Bake for 55 to 60 minutes or until cheese is golden brown. Cover with foil if cheese starts to brown too quickly.
- 9 Remove from oven and let cool slightly.
- 10 Cut into 8 equal squares and serve.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour

Nutrition Facts

Nutrition (per serving): 354 calories, 18.7g total fat, 8.5g saturated fat, 284.4mg cholesterol, 625.9mg sodium, 19.2g carbohydrates, 1.5g fiber, 10.2g sugar, 27.7g protein.

Servings: 8

Weight Watchers Points

Note: The eggs were not used to calculate SmartPoints. Although this recipe uses turkey sausage, because it is sausage and not just ground turkey, there are SmartPoints values.

Orig. WW Pts: 8

Points Plus: 9

Smart Points: 11

FreeStyle Smart Points: 9

Tips

To reduce the calories and fat in this recipe even more, try using an egg substitute or egg whites only.

Source: Nestlé

Web Page: www.verybestbaking.com