

Breakfast Turkey Sausage Gobble Sandwich

Recipe Type: Breakfast, Brunch

Ingredients

1/2 lb turkey breakfast sausage cut into 3-1/2 X 1/4-inch patties
1 Package (8 ounces) frozen egg substitute defrost according to package
1 Tbs green onions thinly sliced
1 Tbs pimientos chopped
1/4 tsp pepper
Vegetable cooking spray
2 Slices low-fat American cheese cut in half
8 Slices whole wheat bread lightly toasted

Directions

- 1 In medium non-stick skillet over medium heat, saute patties 3 minutes on each side until browned, but not cooked throughout.
- 2 In a small bowl, combine the egg substitute, green onions, pimientos and peppers.
- 3 Pour the egg mixture into a 1 quart microwave safe casserole dish. Gently coat with cooking spray.
- 4 Arrange the partially cooked turkey patties over the egg mixture.
- 5 Cover with vented plastic wrap and microwave at medium power (50%) turning the dish 1/4 turn every minute. Cook for 5-1/2 to 6-1/2 minutes or until egg mixture is almost set.
- 6 Remove from microwave and place the half cheese slices over each turkey patty.
- 7 Recover and allow to stand for 5 minutes to set the eggs.
- 8 Cut the turkey and egg mixture into 4 squares and place between the toast and serve.

Nutrition Facts

Nutrition (per serving): 489 calories, 23.2g total fat, 7.1g saturated fat, 1.4g fiber, 25.2g protein, 44g carbohydrates, 679mg sodium, 2.2g sugar, 59.7mg cholesterol.

Servings: 4

Yield: 4 Sandwiches

Weight Watchers Points

Orig. WW Pts: 11

Points Plus: 13