

# Turkey Sausage Breakfast Sandwich

Recipe Type: Breakfast, Brunch

## Ingredients

- ½ lb Jenni-o ground turkey sausage
- 1 Package (8 ounces) frozen egg substitute defrost according to package
- 1 Tbs green onions thinly sliced
- 1 Tbs pimientos chopped
- ¼ 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 ¼ turn every minute. Cook for 5-½ to 6-½ 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): 353 calories, 12.2g total fat, 4.1g saturated fat, 17.8mg cholesterol, 315.8mg sodium, 42.9g carbohydrates, 1.4g fiber, 2.1g sugar, 17g protein.

Servings: 4

Yield: 4 Sandwiches

## Weight Watchers Points

Note: The egg substitute and veggies were not used in the calculation for Freestyle SmartPoints. The onion was not included when calculating all other points.

Orig. WW Pts: 8

Points Plus: 9

Smart Points: 9

FreeStyle Smart Points: 8