

Italian Pumpkin Stratta

I adapted this recipe from www.verybestbaking.com and decided to make my Italian sausage myself using ground turkey breast (99% fat free) to save on calories, fats and most important, Weight Watchers SmartPoints.

Recipe Type: Breakfast, Brunch

Degree of Difficulty: Difficult

Ingredients

Ingredients for Homemade Turkey Sausage

- 1 lb Ground Turkey Breast, 99% fat free
- 1 tbs red wine vinegar
- 1 ½ tbs Italian seasonings
- ½ tsp paprika
- ¾ tsp Red Pepper Flakes, crushed
- ¼ tsp fennel seed, crushed
- 1 tsp garlic powder
- 1 tsp Onion powder

Ingredients for Pumpkin Strata

- 1 Tbs vegetable oil
- 1 cup (1 small) chopped onion
- ½ cup chopped green bell pepper
- ½ cup chopped red bell pepper
- 2 cloves garlic, finely chopped
- 12 cups (about 1-pound loaf) 1 ½-inch cubes Italian or French bread
- 2 cups (8 ounces) shredded mozzarella cheese
- 3 cups (two 12 fluid-ounce cans) NESTLE CARNATION Evaporated Milk
- 1 ¾ cups (15-ounce can) LIBBY'S 100% Pure Pumpkin
- 4 large eggs
- 1 tsp salt
- ½ tsp ground black pepper
- ½ tsp dried oregano, crushed
- ½ tsp dried basil, crushed
- ½ tsp dried marjoram, crushed



Directions

- 1 Directions for Homemade turkey sausage
- 2 Place the ground turkey and red wine vinegar in a mixing bowl.
- 3 Sprinkle all the remaining ingredients over the ground turkey.
- 4 Knead until all spices are well blended.
- 5 Wrap in storage bags and store in fridge for 12 hours (this gives the ground turkey time to absorb all the spices)
- 6 Directions for Strata
- 7 Preheat oven to 350° F. Grease 13 x 9-inch baking pan.
- 8 Heat vegetable oil in large skillet over medium-high heat.
- 9 Add homemade ground turkey sausage, onion, bell peppers and garlic.
- 10 Cook while stirring to break up the sausage for about 7 to 10 minutes or until sausage is browned; drain.
- 11 Combine bread cubes, cheese and sausage mixture in a large bowl.
- 12 Beat evaporated milk, pumpkin, eggs, salt, pepper, oregano, basil and marjoram in a medium bowl.
- 13 Pour over bread mixture, pressing bread into the milk mixture.
- 14 Pour into prepared baking pan.
- 15 Bake for 30 to 35 minutes or until set.
- 16 Cut into 12 squares and serve warm.

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 361 calories, 12.4g total fat, 6g saturated fat, 117.7mg cholesterol, 798.8mg sodium, 36.2g carbohydrates, 3g fiber, 10.1g sugar, 26.8g protein.

Servings: 12

Yield: 1 square

Weight Watchers Points

Note: The ground turkey breast, veggies and eggs are not included in the calculation of SmartPoints. The veggies are not included in all other point calculations.

Orig. WW Pts: 8

Points Plus: 9

Smart Points: 11

FreeStyle Smart Points: 10

Web Page: <http://www.exercise4weightloss.com/breakfast-casserole-recipe-pumpkin-strata.html>