

Morning Sausage Bake

INGREDIENTS:

2 Tbsp. margarine
1 lb. mushrooms, finely chopped
1 cup plain bread crumbs
1 pkg. Turkey Sausage, thawed
1 red or green bell pepper, chopped
3 Tbsp. parsley
1/4 tsp. cayenne pepper
16 oz. cholesterol-free egg product



Prep Time:
25 minutes

Total Time:
50 minutes

Makes:
8 servings

Nutrition Facts:

Calories 220

Fat 10g

Carbs 14g

Fiber 2g

Sugar 2g

Protein 18g

PREHEAT oven to 350°F. Melt margarine in large nonstick skillet on medium-high heat. Add mushrooms; cook and stir 10 min. or until mushrooms are tender and moisture has evaporated. Remove from heat; stir in bread crumbs. Spoon into 13x9-inch baking dish sprayed with cooking spray; press firmly onto bottom of dish to form crust.

ADD turkey sausage to skillet; cook on medium heat 12 min. or until no longer pink, stirring frequently to break turkey sausage into small pieces. Remove from heat. Add bell peppers, parsley and ground red pepper; mix well. Spread over crust; cover evenly with egg product.

BAKE 25 min. or until center is set.