

Breakfast Casserole

YOU MAKE THIS THE NIGHT BEFORE YOU NEED IT!

Yields: six 3 unit portions pro/carb/fat (1 cup = one 3 unit portion)

five 4 unit portions pro/carb/fat (1 1/2 cup = one 4 unit portion)

three 5 unit portions pro/carb/fat (2 cups = one 5 unit portion)

Ingredients:

8 oz. Ciabatta bread, cut into 1 - inch cubes

Olive Oil Cooking Spray

1 package *Turkey Breakfast Sausage

*OR 1 raw pound of the Turkey Sausage Patties recipe from Week1

1/2 cup **chopped green onions

**OMIT if using week 1 recipe

1 1/4 cup 2% Milk

1 cup (4 oz.) Sharp Cheddar Cheese, shredded

1 1/2 cup (12 oz.) Liquid Egg Replacement (NOT WHITES)

2 Tbsp. **Fresh Parsley, chopped

**OMIT if using week 1 recipe

Directions:

Step 1: Preheat oven to 400°

Step 2: Arrange cubed bread on a baking sheet in a single layer;

bake at 400° for 8 minutes, or toasted.

Step 3: Heat a medium non-stick skillet coated with cooking spray over medium-high heat. Add the raw sausage to the pan; cook about 6 minutes, or until no longer pink. Stir to crumble.

Step 4: In a large bowl, combine the cooked sausage, toasted bread and onions (if using). Set aside. In another bowl, combine milk, cheese and egg replacement; blend with a whisk. Add the milk mixture to the bowl with the turkey mixture, tossing to coat the bread cubes.

Step 5: Spoon the mixture into a 2 -qt. baking dish coated with cooking spray. Cover and refrigerate 8 hours or overnight.

Step 6: Preheat oven to 350°. Bake casserole (uncovered) for 50 minutes or until set and lightly browned. Serve immediately.