

# BACON AND SAUSAGE BREAKFAST BAKE

Serves 6

## INGREDIENTS

- 16 oz diced potatoes (454 g)
- 9.6 oz fully cooked turkey breakfast sausage, chopped or crumbled (272 g)
- 1 1/2 oz cooked bacon, chopped (43 g/about 6 slices)
- 2 whole eggs, whisked
- 1 1/4 c egg whites (307 g/about 10 eggs with yolks removed)
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1 c reduced fat cheddar cheese, shredded and divided (112 g)

## DIRECTIONS

- 1** Preheat oven to 350°F (175°C). Spray a 9 X 13-inch (22x33-cm.) baking dish with cooking spray.
- 2** Spread potatoes in an even layer in the bottom of the prepared dish and set aside.
- 3** In a large bowl, whisk eggs and egg whites together and pour over the potatoes.
- 4** Evenly sprinkle the sausage and bacon over the eggs. Season with salt and pepper. Cover tightly with foil and bake for 50 minutes.
- 5** Remove foil. Evenly sprinkle the cheese on top and bake an additional 10-15 minutes until cheese is melted.

## FACTS

**Prep time:** 5 min.

**Cook time:** 1 hour

**Total time:** 1 hour 5 min.

**MFP:** "FFC Bacon and Sausage Breakfast Bake"

**1 serving:** 6.8 oz./193 g.

**350 Calories**

**30P | 16F | 20C**