

Sausage, Egg, & Cheese Crescent Bake

Recipe makes 6 meals

Ingredients

- 32 oz carton Liquid Egg Whites
- 12 oz pack Great Value Original Premium Sausage Patties
- 8 oz Pillsbury Original Crescent Dough Sheet
- 1 cup Fat Free Shredded Mild Cheddar Cheese
- 1/2 Tbsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Parsley Flakes
- 1/2 tsp Paprika
- Non-Stick Cooking Spray
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 370

Fat - 14g

Carbohydrates - 19g

Protein - 33g

***Fiber - 0g**

**Estimated Cost
Per Meal**

\$2.22

   @zachcoen

www.mindbodyandnutrition.com

Instructions

- 1. Start by heating a large skillet over medium-high heat and adding in your sausage. Brown your sausage, breaking it up in the process, until no pink remains. When it is cooked through, remove it from the skillet and set aside.**
- 2. Return that same skillet back to the stove and reduce the heat to medium. Pour in your liquid egg whites and begin cooking, scrambling in the process.**
- 3. Once your eggs are cooked through, season with 1/2 Tbsp garlic powder, 1 tsp onion powder, 1 tsp parsley flakes, and 1/2 tsp paprika. Mix well, give it a taste, and add salt and pepper to preference.**
- 4. Grab a 9x13 casserole dish and spray with non-stick cooking spray. Add in your scrambled eggs, your crumbled sausage, and top with 1 cup shredded cheese.**
- 5. Carefully place your crescent dough sheet on top and place in the oven on 375°F for 10-13 minutes, or until your crescent dough is golden brown.**
- 6. Remove from the oven, cut into 6 servings, and portion out into your meal containers.**
- 7. Enjoy!**

Notes

- **The seasonings for this recipe are just personal preference. If you have something in particular you like to season your eggs with, feel free to use that instead.**
- **You can easily add some veggies to this to add some fiber and micronutrients.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



@zachcoen

www.mindbodyandnutrition.com