

# Sausage, Egg, & Cheese Croissant Bake

*Recipe makes 6 meals*

## Ingredients

- 1 lb Butterball Turkey Sausage
- 32 oz Liquid Egg Whites
- 10 oz Mini Croissants (from bakery), torn into pieces
- 1.5 cups Fat Free Cheddar Cheese, shredded
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- 1/2 tsp Black Pepper
- 1/4 tsp Italian Seasoning
- 1/4 tsp Oregano
- Salt and Pepper to taste
- Non-Stick Cooking Spray



## Nutrition Profile

- per meal -

**Calories - 448**  
**Fat - 19g**  
**Carbohydrates - 24g**  
**Protein - 41g**  
**\*Fiber - 1g**

Estimated Cost  
Per Meal

**\$2.53**

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# Instructions

- 1. Start by preheating your oven to 375°F.**
- 2. In a mixing bowl, add in your carton of egg whites, 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1/4 tsp Italian seasoning, 1/4 tsp oregano, and 1/2 tsp black pepper. Mix well and set aside.**
- 3. Grab a 9x13 casserole dish and spray the bottom and sides with non-stick cooking spray.**
- 4. Pour your egg mixture into the greased casserole dish and bake in the oven on 375°F for 15 minutes.**
- 5. While your eggs are cooking, heat a large skillet over medium-high heat and add in your turkey sausage. Cook until no longer pink, breaking it up in the process. Once it's done, set it aside.**
- 6. After 15 minutes, remove your eggs from the oven. They will not be cooked all the way, but don't worry. Add half of your shredded cheese on top of the eggs, followed by your croissant pieces and your cooked sausage. Spread everything out evenly then top with your remaining shredded cheese.**
- 7. Place this back in the oven for another 15 minutes, or until your eggs are cooked all the way through. When done, remove it from the oven, give it a taste, and add salt and pepper to preference.**
- 8. Cut into 6 portions, divide into your meal containers, and enjoy!**



# Notes

- **The majority of the fat in this recipe comes from the sausage and the croissants. If you have a dietary need to lower the fat a bit, you could always cut the amount of sausage and/or croissants in half, or just divide the recipe into 7 or 8 portions instead of 6.**
- **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.**



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