

Ham and Sausage Breakfast Casserole

- 1 teaspoon oil
- 1 large onion, diced
- 1 large green pepper, diced
- 4 ounces ham, diced
- 8 ounces lean turkey sausage
- 1 cup low-fat baking mix (low-fat Bisquick™)
- 2 cups fat-free egg substitute
- 1 cup part-skim mozzarella cheese
- 1 cup skim milk
- 1 teaspoon dry mustard
- 2 teaspoons ground pepper
- 2 teaspoons salt

Sauté onion and pepper in oil until softened. Add sausage and brown. Add ham and continue to cook over medium heat for five minutes. Coat a casserole pan with non-stick spray. Layer 1/2 of the meat mixture in the bottom of the casserole. Top with 1/2 cup baking mix and 1/2 cup cheese. Cover the cheese layer with the remaining meat mixture, and top with the remaining baking mix and cheese.

In a large bowl, mix the egg substitute, milk, and spices. Pour the egg mixture over the layers in the casserole. The casserole can be covered and refrigerated overnight or baked at 350 degrees F for 30-45 minutes until the middle is set. Let cool for 10 minutes, slice and serve. Makes 15 servings.

Nutrition information per serving: 95 calories, 10 grams protein, 4 grams fat, 3 grams carbohydrate, 588 mg sodium.