

# TURKEY SAUSAGE CASSEROLE



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## Ingredients

Yield: 10-12

- 1 pound lean turkey breakfast sausage
- 3 c shredded potatoes, drained and pressed
- 1/4 c lite butter, melted
- 12 ounces mild 2% low fat Cheddar cheese, shredded
- 1/2 cup onion, shredded
- 1 (16 ounce) container small curd low fat cottage cheese
- 6 jumbo eggs

## Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch square baking dish.
2. Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.
3. In the prepared baking dish, stir together the shredded potatoes and butter. Line the bottom and sides of the baking dish with the mixture. In a bowl, mix the sausage, Cheddar cheese, onion, cottage cheese, and eggs. Pour over the potato mixture.
4. Bake 1 hour in the preheated oven, or until a toothpick inserted into center of the casserole comes out clean. Let cool for 5 minutes before serving.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/12 <sup>th</sup>	205	7 g	15 g	11 g	400 mg

Carbohydrate Exchange: 1