

## Breakfast Pizza

Serves 6

Nutrients Per Serving:








270 Calories | 17g Fat (6g Saturated) | 15g Carbohydrates | 0g Added Sugar | 14g Protein | 550 mg Sodium | 0g Fiber

### Equipment Needed

 <p>9x13 rectangular pan</p>	 <p>Electric skillet</p>	 <p>2 cup liquid measuring cup dry measuring cups</p>	 <p>Timer</p>
 <p>Turning spatula</p>	 <p>Aluminum foil</p>	 <p>Oven</p>	 <p>Whisk</p>

### Ingredients Needed









*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

 <p>Crescent sheet</p>	 <p>Cooking spray</p>	 <p>1 lb. ground turkey sausage</p>	 <p>1 cup hash browns</p>
 <p>1 cup grated cheese</p>	 <p>1/4 cup milk</p>	 <p>4 eggs</p>	

*Recipe continued on back page.*

## Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Preheat the oven 375°.</p>	<p>3</p>  <p>Cover the pan with foil and spray with cooking spray.</p>	<p>4</p>  <p>Roll the crescent sheet onto a 9x13 pan and pat to fit.</p>
<p>5</p>  <p>In skillet, brown ground turkey sausage until no longer pink or reaches 165°</p>	<p>6</p>  <p>Sprinkle cooked ground turkey, 1 cup hash browns, 1 cup grated cheese, over the top of the crust.</p>	<p>7</p>  <p>In a 2 cup liquid measuring cup, whisk together 4 eggs, and 1/4 cup milk.</p>	<p>8</p>  <p>Pour egg mixture over ground turkey, hash browns and cheese. Bake in a 375° oven for 20 -25 minutes, or until eggs are set and fully cooked.</p>