



**National Eat Together Week  
Breakfast Recipes**

Breakfast Sausage Pie

Ham and Egg Breakfast Burritos

*Recipes courtesy of Darla Shine, author of Happy Housewives*

## **Breakfast Sausage Pie**

1 16-ounce tube regular breakfast pork sausage  
2 8-ounce frozen deep-dish pie shells, thawed  
4 eggs  
1 1/2 cups half-and-half  
1/4 teaspoon kosher salt  
1 cup mozzarella cheese, shredded  
1/4 teaspoon freshly ground black pepper

Preheat oven to 350 degrees F.

Defrost frozen pie crusts.

Brown pork sausage in medium skillet over medium-high heat until sausage is no longer pink, breaking sausage into large chunks. Drain sausage on plate lined with a paper towel.

Mix together eggs, half-and-half, salt and pepper in large bowl using wire whisk. Stir in 1/2 cup of mozzarella cheese.

Pour egg mixture evenly in the 2 pie shells. Spoon sausage mixture evenly over egg mixture. Sprinkle remaining 1/2 cup of mozzarella cheese equally on each top of each pie.

Bake in preheated oven for 30-35 minutes. Transfer pies to cooling rack; let stand for about 15 minutes before serving. Serve warm.

**To make ahead:** Prepare and bake pies as directed. Cool for up to 1 hour at room temperature. When completely cool, tightly wrap each pie in heavy foil and freeze. To reheat, unwrap pie(s). Cover edge of crust with foil. Bake in a heated 350 degrees F. oven about 40 minutes or until an instant-read thermometer inserted near center(s) registers 160 degrees F. Let stand about 10 minutes before serving.

Makes 2 pies, 6 servings each

### **Nutritional Information per Serving:**

Calories: 300

Fat: 21g

Saturated Fat: 8g

Cholesterol: 125mg

Sodium: 470mg

Carbohydrates: 12g

Protein: 14g

## Ham and Egg Breakfast Burritos

12 ounces chopped 97 percent fat-free cooked ham  
1/3 cup red bell pepper, chopped  
1/3 cup green bell pepper, chopped  
1/4 cup onion, chopped  
3 egg whites  
2 whole eggs  
2 tablespoons nonfat milk  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
4 8-inch flour tortillas, heated\*  
1/3 cup salsa  
Chopped fresh cilantro OR chives (optional)  
Nonstick cooking spray

Cook red and green bell peppers and onion over medium heat in large nonstick skillet coated with nonstick cooking spray for 3-5 minutes or until tender, stirring occasionally. Beat together egg whites, eggs, milk, salt and black pepper in medium bowl until combined.

Pour egg mixture over vegetables in skillet. Cook over medium heat, without stirring, until egg mixture begins to set on bottom and around edge. Lift and fold the partially cooked egg mixture with spatula so uncooked portion flows underneath. Continue cooking and folding mixture until eggs are cooked through, but still glossy and moist. Fold in ham; continue cooking until the internal temperature reaches 155 degrees F, gently folding mixture occasionally.

Remove skillet from heat. To assemble, spoon mixture near the center on each tortilla. Fold bottom up over filling. Fold in side and roll to enclose mixture. To serve, top with salsa. Garnish with cilantro or chives, if desired.

\*To warm tortillas, place tortillas on dinner plate, slightly overlapping. Cover with damp paper towel. Microwave on HIGH about 30 seconds or until warm.

*\*For the family on the run, no need to skip having a hot, nutritious breakfast. Make a batch of these burritos and wrap them individually in plastic wrap, then freeze. On those mornings when you're hurried, just unwrap a burrito from its plastic wrap and rewrap it in a white paper towel. Microwave on HIGH (100%) about 2 minutes or until heated through. Serve with milk and juice.*

Makes 4 servings

### Nutritional Information Per Serving

Calories: 310	Fat: 9g	Saturated Fat: 4 g
Cholesterol: 135mg	Sodium: 1460mg	Carbohydrates: 29 g
Protein: 26 g	Fiber: 2 g	