

Sausage Quiche

Tyson Foods, Inc
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Servings: 8

*1 package (16 ounce) premium pork
sausage, cooked, crumbled and
drained*

4 green onions, sliced

1 cup cheddar cheese, shredded

4 eggs

2 cups half-and-half OR milk

1 cup all-purpose baking mix

TOPPINGS (as desired)

sour cream

chopped tomatoes

chopped fresh parsley

Preparation Time: 15 minutes

Cook Time: 45 minutes

Preheat the oven to 400 degrees.

Place the sausage in a lightly greased two-quart round casserole dish. Top with the onions and cheese.

In a bowl, beat the eggs, half-and-half and baking mix with a wire whisk until well blended. Pour over the cheese.

Bake for 45 to 50 minutes or until a knife inserted in the center comes out clean. Cool for 5 minutes.

Cut into eight wedges. Add toppings of your choice.

Per Serving (excluding unknown items): 96 Calories; 7g Fat (67.7% calories from fat); 7g Protein; 1g Carbohydrate; trace Dietary Fiber; 121mg Cholesterol; 124mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 1 Fat.