

Pork

Puffed Potatoes and Sausage

Better Homes and Gardens All-Time Favorite Casserole Recipes

Servings: 5

1/4 cup sliced green onion, with tops
2 tablespoons butter or margarine
3 medium (1 pound) potatoes, peeled and cubed
1 cup (4 oz) shredded American cheese
3 egg yolks
1/3 cup milk
1/2 teaspoon salt
3 egg whites, stiffly beaten
1 pkg (8 oz) brown-n-serve sausage links

Preheat oven to 375 degrees.

Cook onion in butter until tender but not brown. Cook potatoes in boiling, salted water until tender, about 10 minutes; drain and mash (should produce about 2 cups mashed). Beat in cooked onion and cheese.

Beat together egg yolks, milk and salt; blend into potato mixture. Fold in beaten egg whites.

Place mixture in a 2-quart casserole. Arrange sausage links over potato mixture. Bake, uncovered, until set, about 45 minutes.

Per Serving (excluding unknown items): 238 Calories; 15g Fat (57.5% calories from fat); 11g Protein; 15g Carbohydrate; 1g Dietary Fiber; 163mg Cholesterol; 632mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.