

*Now you can enjoy sausage with this wonderfully flavorful recipe from Light & Tasty! Try it with the Veggie Egg Scramble or the Garden Pepper Frittata.*

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## Hearty Breakfast Sausage and Veggie Egg Scramble

### Turkey Breakfast Sausage

1 pound lean ground turkey  
(with no added broth or flavors)  
3/4 tsp. salt  
1/2 tsp. rubbed sage  
1/2 tsp. pepper  
1/4 tsp. ground ginger

Crumble turkey into a large bowl. Add the salt, sage, pepper and ginger. Shape into eight 2-inch patties. In a nonstick skillet coated with oil, cook patties over medium heat for 6-8 minutes on each side or until no longer pink and a meat thermometer reads 165 degrees.

Yield, 8 servings.

### Veggie Egg Scramble

2 eggs  
6 egg whites  
1/4 c. chicken broth  
1/4 tsp. salt  
1/8 tsp. pepper  
1/8 tsp. crushed garlic  
1/2 c. chopped green pepper  
1/2 c. chopped onion  
1/2 c. sliced fresh mushrooms  
1 tsp. butter  
1 tsp. olive oil  
1/2 c. shredded cheddar cheese  
2 tsp. minced fresh basil

In a bowl, whisk eggs, whites, broth, salt, pepper and garlic; set aside. In a large nonstick skillet, saute the green pepper, onion and mushrooms in butter and oil for 3 minutes or until crisp-tender.

Reduce heat to medium. Stir in the egg mixture; cook and stir until eggs are completely set. Sprinkle with cheese and basil. Cover and remove from the heat; let stand for 5 minutes or until cheese is melted. Yield, 3 servings.