

Breakfast Pizza Crescent Rolls

Serves 8 slices

Ingredients:

1 pound sausage or ground turkey, browned and drained
1 bell pepper, chopped
1 onion, chopped
2 cans crescent rolls, reduced fat
1 small can tomato sauce, low sodium
1 Tablespoon oregano
1 cup shredded cheese, low-fat

Directions:

1. Cook sausage or ground turkey in skillet on medium heat until done and drain fat.
2. On a medium size pizza pan, pat out both cans of crescent rolls to form the crust.
3. Pour tomato sauce on the crust and spread with a spoon.
4. Add oregano to tomato sauce on crust.
5. Add the sausage, onions, bell pepper and cheese. 6. Bake at 350 degrees for 15 minutes.

Nutrition Facts:

Regular foods-sausage

Calories: 504

Protein: 22 g

Saturated Fat: 8 g

Total Fat: 30 g

Cholesterol: 61mg

Sodium: 1743mg

Reduces fat, calories and sodium foods – ground turkey

Saturated Fat: 4.5 g

Total Fat: 18 g

Cholesterol: 58 mg

Sodium: 798 mg