

Breakfast Pizza Crescent Rolls

8 Servings Ingredients

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 per Serving:

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