



## BEEF BREAKFAST SAUSAGE AND GOAT CHEESE EGG BAKE

### INGREDIENTS:

- 1 recipe Basic Country Beef Breakfast Sausage (see below)
- 1 pound frozen hash brown potatoes, thawed
- 8 eggs
- 1 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1-1/2 cups reduced-fat dairy sour cream
- 1/2 cup 2% reduced-fat milk
- 4 ounces crumbled goat cheese
- 1/2 cup thinly sliced green onions

### BASIC COUNTRY BEEF BREAKFAST SAUSAGE

#### [1 pound Ground Beef](#)

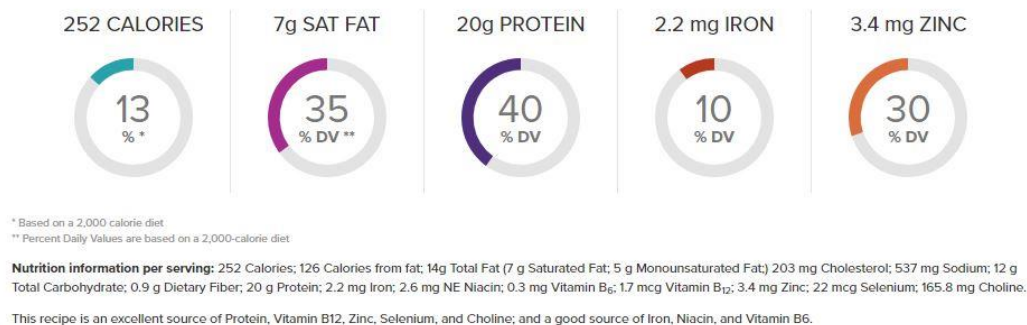
- 2 teaspoons chopped fresh sage or 1/2 teaspoon rubbed sage
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon crushed red pepper

To prepare crumbles, heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

## COOKING:

1. Preheat oven to 425°F. Spray 9-inch springform pan with cooking spray. Squeeze excess moisture from potatoes. Combine potatoes, 1 egg, 1/2 teaspoon salt and 1/4 teaspoon pepper in medium bowl, tossing gently to coat. Press potato mixture onto bottom and up side of prepared pan. Do not place springform pan on baking sheet. Bake in 425°F oven 20 to 30 minutes until potatoes are crispy and brown. Reduce oven temperature to 375°F
2. Whisk together remaining 7 eggs, remaining 1/2 teaspoon salt, 1/4 teaspoon remaining pepper, sour cream and milk in large bowl. Stir in cheese, green onions and sausage; pour mixture into hash-brown crust. Bake in 375°F oven 40 to 50 minutes or until eggs are set. Cool 10 to 15 minutes. Remove from pan; cut into wedges.

## NUTRITION:



## SAFE HANDLING TIPS:

- Wash hands with soap and water before cooking and always after touching raw meat.
- Separate raw meat from other foods.
- Wash all cutting boards, utensils, and dishes after touching raw meat.
- Do not reuse marinades used on raw foods.
- Wash all produce prior to use.
- Cook steaks and roasts until temperature reaches 145°F for medium rare, as measured by a meat thermometer, allowing to rest for three minutes.
- Cook Ground Beef to 160°F as measured by a meat thermometer.
- Refrigerate leftovers promptly.