

Southwestern Sweet Potato Breakfast Bake

Prep time: 15 minutes

Cook time: 45 minutes

Makes: 6 Servings

Ingredients

- 1 cup eggs
- 2 ounces Low fat milk
- 1/2 cup Low Fat Cottage Cheese
- 1/4 cup low fat cheddar cheese
- 1/2 cup salsa
- 1 dash salt
- 1 dash pepper
- 1/8 teaspoon chili powder
- dash cumin
- 1 dash garlic powder
- 1 2/3 cups Sweet Potatoes, Canned Chopped
- 2 ounces Low Fat Turkey Sausage, cooked

Directions

1. Preheat oven to 350 degrees F. Combine all ingredients in a large mixing bowl.
2. Spray a 9X13 baking dish with nonstick cooking spray. Pour ingredients from mixing bowl into baking dish.
3. Bake at 350 degrees F., 30 to 45 minutes, until custard has set.
4. Cut into 6 equal portions and serve.

