



Bestest Breakfast Egg Rolls



1/3rd of recipe (2 egg rolls): 290 calories, 8g total fat (4g sat. fat), 833mg sodium, 34g carbs, 2g fiber, 3.5g sugars, 19.5g protein

Prep: 15 minutes **Cook:** 40 minutes



Ingredients

2 frozen meatless or turkey sausage patties with 80 calories or less (like the kind by [MorningStar Farms](#) or [Jimmy Dean](#))
1/3 cup chopped bell pepper
1/3 cup chopped onion
1 cup (about 8 large) egg whites or fat-free liquid egg substitute
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. each salt and black pepper
1/3 cup light/reduced-fat cream cheese
6 large square egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)
Optional dips: salsa, ketchup

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Cook sausage in a large skillet sprayed with nonstick spray. (Refer to package for temp and cook time.) Transfer to a cutting board.

Clean skillet, if needed. Re-spray, and bring to medium-high heat. Add bell pepper and onion. Cook and stir until slightly softened, about 4 minutes.

Reduce heat to medium. Add egg whites/substitute and seasonings. Cook and scramble until veggies are soft and eggs are fully cooked, about 3 minutes.

Transfer egg scramble to a medium-large bowl.

Chop or crumble sausage. Fold sausage and cream cheese into egg scramble.

Lay an egg roll wrapper flat on a dry surface. Evenly distribute about 1/6th of the egg scramble (about 1/3 cup) in a row a little below the center.

Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 3/4 inch toward the middle, to keep filling from falling out. Roll up the wrapper around the mixture and continue to the top. Seal with a dab of water.

Place on the baking sheet, and repeat to make 5 more egg rolls.

Spray with nonstick spray. Bake until golden brown, 23 - 25 minutes.

MAKES 3 SERVINGS

HG Tips: Make these in advance, and reheat in the toaster oven for 3 - 5 minutes. They're also oddly delicious straight out of the fridge!

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