



Sausage Florentine Breakfast Sandwiches



1/6th of recipe (1 sandwich): 210 calories, 5g total fat (1.5g sat. fat), 500mg sodium, 29g carbs, 7g fiber, 1.5g sugars, 15g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute
3 tbsp. whipped cream cheese
1 cup roughly chopped spinach
6 light English muffins
6 frozen meatless or turkey sausage patties with 80 calories or less (like the kind by [MorningStar Farms](#) or [Jimmy Dean](#))

Seasonings:

1/8 tsp. garlic powder
1/8 tsp. onion powder
Dash each salt and black pepper

Directions

Preheat oven to 350°F. Spray a 6-cavity [muffin top or whoopie pie pan](#) with nonstick spray. (If your pan has 12 cavities, spray only 6.)

In a medium-large bowl, combine egg whites/substitute, cream cheese, and seasonings. Whisk well. Fold in spinach. Evenly distribute egg mixture into the pan.

Bake until firm and cooked through, about 12 minutes.

Meanwhile, split and toast English muffins. Cook sausages until cooked through, according to package directions, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

If eating immediately, lay an egg patty on top of each bottom muffin half. Top each with a sausage patty. Finish with top muffin halves.

MAKES 6 SERVINGS

To Freeze: Before assembling sandwiches, let egg patties cool completely, about 20 minutes. Once assembled, tightly wrap each sandwich in plastic wrap or aluminum foil, and place them in a large sealable freezer bag (or container). Remove as much air as possible, and freeze for up to a month.

To Reheat: Unwrap one frozen sandwich, tightly wrap in a paper towel, and place on a microwave-safe plate. Microwave at 50 percent power for 1 1/2 minutes. Microwave at full power for another 1 1/2 minutes, or until sandwich is hot.

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