



## 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

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

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



More: [Breakfast Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

### 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.

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.

