



# Bountiful Breakfast



*Breakfast  
recipes featuring  
flavorful  
sausage...*







**T**he National Hot Dog and Sausage Council is pleased to present "Bountiful Breakfast," a collection of delicious entrees and side dishes that feature sausage. Not only are these recipes ideal for spicing up a traditional family breakfast, they also can add a new twist to festive brunches.



From "Smoked Sausage Lasagna," which is a hearty meal in itself, to the elegant "Sherried Sausage," which dresses up French toast and waffles, these recipes are sure to please your family and friends. And because many can be made in one dish, they are ideal for busy holiday mornings.

**F**or more recipes and information on sausage, visit the National Hot Dog and Sausage Council's web site at

<http://www.hot-dog.org>. With the click of a button, you can be added to the mailing list to receive future recipe books and information. Enjoy!

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# SAUSAGE FRITTATA

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*For an unusual twist to an omelet, serve the Spanish-Italian open-faced version. Our recipe is made lighter with use of eggs and egg whites. This entree can grace your table at any time during the day...breakfast, brunch, lunch, or the quick Sunday night supper.*

**Portion: 6**

- 1 14 to 16 ounce package KIELBASA, LOW-FAT or REGULAR, thinly sliced
- 1 tablespoon olive oil
- 1 cup Spanish onion, chopped
- ½ pound red potatoes, blemishes removed & thinly sliced
- ½ cup sweet red pepper, seeded & chopped
- 5 large eggs
- 5 egg whites
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons fresh parsley, chopped
- ¼ cup grated Parmesan cheese

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**1** Sauté sausage in a heavy 10-12 inch nonstick oven proof skillet over medium heat until sausage is cooked through. Remove sausage and drain on paper towels. Wipe skillet clean with paper towels.

**2** Add oil to skillet and sauté onion, potatoes and red pepper. Reduce heat to low; cover and cook until vegetables are tender, about 10-12 minutes, stir occasionally.

**3** Return sausage to the pan. Gently stir together.

**4** Meanwhile, whip eggs and egg whites together with salt, pepper and parsley. Slowly pour eggs evenly over the vegetables. Cover skillet and cook until frittata is set on the edges, but slightly liquid on top, about 10-12 minutes. Sprinkle with Parmesan.

**5** Place skillet in a preheated broiler about 4 to 5 inches from the heat. Cook for 2 to 3 minutes or until eggs are set and a knife inserted in the center comes out clean.

**6** Remove from oven. Loosen frittata with a spatula and slide onto a warm platter. Cut into 6 wedges.

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### Nutritional Information

(per 6 servings)

#### **Regular Kielbasa**

Calories 374

Protein 21 grams

Carbohydrates 12 grams

Fat-total 27 grams

Cholesterol 228 mg

Sodium 1134 mg

#### **Low-fat Kielbasa**

Calories 267

Protein 21 grams

Carbohydrates 15 grams

Fat-total 14 grams

Cholesterol 217 mg

Sodium 1121 mg

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# SAUSAGE BREAKFAST PIZZA

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*This versatile pizza is such a favorite it can be served for breakfast, brunch or lunch.*

*Portion: 8 wedges*

- 1 pound FRESH BULK SAUSAGE
- ½ cup onion, chopped fine
- ½ cup sweet red pepper, seeded and chopped
- 1 16-ounce Italian pizza crust
- 1 cup grated sharp Cheddar cheese
- 3 large eggs
- ¼ cup milk
- ½ teaspoon dried oregano leaves
- ¼ teaspoon pepper
- 2 tablespoons grated Parmesan cheese

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**1** In a medium skillet, over medium heat, cook sausage until brown, breaking sausage into small pieces. Remove sausage with a slotted spoon and drain on paper towels. Reserve 1 teaspoon pan drippings and discard remaining pan drippings.

**2** Sauté onion and red pepper in reserved pan drippings until soft.

**3** Place pizza crust on an ungreased pan. Spoon sausage and vegetables over the pizza crust. Sprinkle with Cheddar cheese.

**4** In a medium bowl, beat eggs, milk, oregano and pepper. Slowly pour egg mixture over pizza. Sprinkle evenly with Parmesan cheese.

**5** Bake in a preheated 375 degree F. oven for 25-30 minutes. Cut into 8 wedges.

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### **Nutritional Information**

Calories	364
Protein	19 grams
Carbohydrates	27 grams
Fat-total	20 grams
Cholesterol	121 mg
Sodium	807 mg

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# SHERRIED SAUSAGE

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*The sherried sausage is a grand accompaniment to scrambled eggs, waffles or French toast.*

*Portion: 5-6 Servings*

- $\frac{2}{3}$  cup sweet sherry, divided
- 1 10 to 12 ounce package  
BREAKFAST SAUSAGE LINKS,  
LOW-FAT or REGULAR
- $\frac{1}{3}$  cup sliced scallions, divided
- $\frac{1}{4}$  cup orange juice
- 3 orange wedges

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**1** In a medium skillet, pour  $\frac{1}{3}$  cup sherry over sausage, cover and simmer over medium heat for 10 minutes. Drain off any excess fat. Uncover and continue to simmer sausage, shaking pan frequently until sausage is brown and glazed.

**2** Reserve 1 tablespoon scallions for garnish, add remaining scallions to sausage and sauté for 1 minute.

**3** Add orange juice and remaining sherry to skillet and simmer until liquid has thickened.

**4** Place on warm platter. Sprinkle with remaining scallions and garnish with orange wedges.

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## Nutritional Information

### Regular

Calories 120  
Protein 6 grams  
Carbohydrates 2 grams  
Fat-total 7 grams  
Cholesterol 23 mg  
Sodium 270 mg

### Low-fat

Calories 106  
Protein 11 grams  
Carbohydrates 3 grams  
Fat-total 4 grams  
Cholesterol 40 mg  
Sodium 375 mg

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# SMOKED SAUSAGE LASAGNA

*A make ahead breakfast or brunch entree. Serve with a salad and crusty bread for a festive morning meal.*

*Portion: 8 entree servings*

- 1 14 to 16 ounce package SMOKED SAUSAGE, LOW-FAT or REGULAR, thinly sliced
- $\frac{1}{4}$  cup canola oil
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{4}$  cup flour
- $\frac{1}{2}$  teaspoon pepper
- 3 cups milk
- 6 oven ready lasagna noodles, uncooked (see note)
- 6 hard-cooked eggs, peeled and sliced
- 1 cup grated Provolone cheese
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons chopped parsley

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**1** In a large skillet, sauté sausage over medium heat until cooked through. Remove from pan with slotted spoon and drain on paper towels. Drain pan of drippings. Wipe pan clean with paper towels.

**2** Heat oil in same skillet and sauté onion over medium heat until tender. Add flour and pepper, stirring until smooth and thick. Continue to cook and stir for one minute. Stir in milk and cook until mixture thickens, stirring all the while. Simmer for 1 minute.

**3** Spoon  $\frac{3}{4}$  cup of sauce into bottom of a 13x9x2-inch baking dish.

Layer with three pieces of lasagna, and half of the sausage, eggs, sauce and Provolone cheese. Repeat, ending with Provolone.

**4** Sprinkle top with Parmesan.

Bake in a preheated 350 degree F. oven for 25-30 minutes or until the mixture is heated throughout.

**Note:** Cooked and drained lasagna noodles may be substituted for the oven ready product.

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### Nutritional Information

#### Regular

Calories 515

Protein 26 grams

Carbohydrates 22 grams

Fat-total 35 grams

Cholesterol 221 mg

Sodium 980 mg

#### Low-fat

Calories 384

Protein 21 grams

Carbohydrates 26 grams

Fat-total 21 grams

Cholesterol 209 mg

Sodium 639 mg

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# ITALIAN SAUSAGE AND VEGETABLE TORTE

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*For a company brunch, this is a meal itself. To ensure that the crust is firm, be sure to drain the sausage and broccoli as stated in the recipe.*

*Portion: 10 entree servings*

- 1 pound ITALIAN SAUSAGE, REGULAR or LOW-FAT
- ¼ cup chopped sweet onion
- 1 beaten large egg
- 1 cup soft bread crumbs
- ½ teaspoon dried basil leaves
- 2 cups shredded Provolone cheese
- 1 cup Ricotta cheese
- ½ teaspoon freshly grated nutmeg
- 1 10-ounce package frozen chopped broccoli, thawed and well-drained
- 1 1-pound 1-1/4 ounce tube refrigerated wheat homestyle bread loaf
- Olive oil cooking spray
- 1 pound carrots, peeled and very thinly sliced

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**1** Squeeze the sausage from the casings into a large skillet. Over medium heat, sauté sausage and onion, stirring to break up sausage into small pieces. Sauté until sausage is cooked and onion is tender. Remove from skillet with a slotted spoon and drain on paper towels, patting with additional paper towels to adsorb all moisture.

**2** Reserve 1 tablespoon of beaten egg, and stir the remaining egg, bread crumbs and basil together in a

medium bowl. Stir in sausage mixture: cover and reserve.

**3** In a separate bowl, combine Provolone, Ricotta and nutmeg. Stir in well-drained broccoli.

**4** Unroll dough from the tube onto a lightly floured surface. Cut off a 7-inch piece and reserve for the top crust. Roll and gently stretch the remaining dough into a 14-inch circle.

**5** Lightly spray an 8-inch springform pan with cooking spray. Fit the circle of dough in the bottom and up the sides of the pan, with a 1-inch overlap at the sides of the pan.

**6** Spoon sausage mixture over dough. Layer with broccoli mixture and finally add a layer of carrots.

**7** On a lightly floured surface, gently stretch the remaining dough into a 9-inch piece. Place on top of carrots. Fold excess dough from the sides over the top piece of dough and seal by crimping the edges. Brush top with reserved egg.

**8** Cut diagonal slits on top to allow steam to escape. Bake in a preheated 350 degree F. oven for 45-50 minutes or until top is golden brown.

**9** The crust may need to be lightly covered with foil after 30 minutes to prevent the crust from becoming dark. Cool on a rack for 10 minutes. Cut into wedges and serve warm.

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## Nutritional Information

### Regular

Calories 387

Protein 19 grams

Carbohydrates 39 grams

Fat-total 17 grams

Cholesterol 61 mg

Sodium 864 mg

### Low-fat

Calories 376

Protein 23 grams

Carbohydrates 39 grams

Fat-total 14 grams

Cholesterol 74 mg

Sodium 948 mg



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