

## Cheesy Sausage Bites



**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

### Ingredients:

8 eggs

½ cup white all-purpose flour

1 tsp. low sodium baking powder

¾ tsp. salt

3 cups mozzarella cheese, reduced fat, shredded

1 ½ cup cottage cheese (1% fat)

¾ lb pork sausage, cooked and crumbled (hot sausage preferred)

### Directions:

1. Preheat oven to 350 degrees F. Spray a 9x9x2 inch baking dish with nonstick cooking spray.
2. In a large bowl, beat eggs. Add in flour, baking powder, and salt; blend thoroughly. Fold in remaining ingredients. Place into baking dish and bake for 40 minutes.
3. Remove from oven; let stand 10 minutes. Cut into small squares; serve warm.

### Additional Information

This takes minutes to stir together. This recipe can be successfully doubled, just bake in a 13x9 inch pan and increase baking time to 45-50 minutes.

### Nutrition Facts

Makes 36 servings

Amount per serving:

<b>Calories</b>	89.8
<b>Total Carbs</b>	2.1 g
<b>Dietary Fiber</b>	0 g
<b>Sugars</b>	0.3 g
<b>Total Fat</b>	6.1 g
<b>Saturated Fat</b>	2.3 g
<b>Unsaturated Fat</b>	3.7 g
<b>Potassium</b>	61.4 mg
<b>Protein</b>	6.7 g
<b>Sodium</b>	232.8 mg