

Breakfast Egg Rolls

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This was a tough recipe to write because you only need a small amount of the sausage gravy. When I made the sausage gravy, I make a pound. You really only need about 3-4 ounces. So, that said, I will put in the directions to make a 1/4 batch. Also, I generally made my own gravy, but for this recipe today, I used a packaged gravy – Pioneer Country Gravy mix. Here is the link to my full recipe. If you are going to use it for these egg rolls, I would remove the turkey sausage from the pan, make the sauce in the pan and then add the gravy to the sausage, reserving some for dip. Recipe: <http://joanspointedplate.com/sausage-gravy/>

I know this sounds confusing – it's hard to articulate a recipe when I make things up! I did link a video down below, so maybe that will help ☐

Serves 4

Blue – 1 egg roll – 3 points, 2 egg rolls – 6 points

Purple – 1 egg roll – 3 points, 2 egg rolls – 5 points

Green – 1 egg roll – 4 points, 2 egg rolls – 8 points

***Recalculate points for any substitutions made!!**

- 4 egg roll wrappers
- 2 eggs, beaten and cooked as scrambled eggs
- 1 cup shredded, frozen hash browns, thawed and cooked

- 4 oz 99% fat free ground turkey breast
- 3/4 tsp poultry seasoning
- pinch pepper
- pinch salt
- pinch crushed red pepper
- 1 packet Pioneer or similar country gravy mix, prepared according to package directions

1. In a bowl, mix turkey with poultry seasoning, salt, pepper and crushed red pepper.
2. Cook in a pan generously sprayed with non stick spray until done. Add in 1 tablespoon of prepared country gravy and mix well.
3. On an egg roll wrapper, lay down 1 tablespoon of hashbrowns in a line, on top of that lay down 1/4 of the eggs and 1 1/2 tablespoons of sausage gravy. Wet edges of the egg roll wrapper. Bring up the sides, then the bottom and roll up. Repeat for all 4.
4. Preheat air fryer to 390. Spray the tops of the egg rolls with non stick spray. Air fry for 8 minutes. I turn over the last 2 minutes and spray that side. Let cool. ***OVEN DIRECTIONS** Bake in a 400 degree oven for 8-10 minutes, turn over and cook 5-7 longer.
5. Serve with 2 tablespoons of gravy for dipping.