

Breakfast Enchiladas

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Serves 8, 2 FSP per serving if made like recipe. In the future, I will not use fat free cheese, I will use reduced fat and take the extra points

Turkey Sausage

- 1 lb 99% fat free ground turkey
- 1 tsp dried sage
- 1 tsp salt
- 1/2 tsp pepper (I use white, you can use black)
- 1/4 tsp crushed red pepper flakes
- 1/8 tsp dried marjoram

Enchiladas

- 8 Ole Extreme Wellness Wraps (or any 1 point wrap)
- 7 ounces FF shredded cheese **see note in description box
- 6 eggs
- 1/2 tsp salt
- 1 Tbsp flour
- 2 cups fat free half and half

Turkey Sausage

1. In a small bowl mix all ingredients except turkey.
2. Place turkey in a larger bowl, pour spices on top and

mix well with hands, incorporating the spices well into the meat.

3. Cook in a hot pan sprayed with non stick spray until cooked through

Enchiladas

1. Preheat oven to 350
2. To the cooled turkey sausage, add 1/2 of the shredded cheese. Mix well
3. Divide into 8 portions and spoon down the middle of each tortilla. Roll up and place seam side down in a 9×13 pan sprayed with nonstick spray.
4. In a large bowl, beat eggs. Add in flour and salt. Beat in half and half.
5. Pour egg mixture over enchiladas.
6. If baking right away, sprinkle remaining cheese on top and cover with foil. If not baking until the next morning, cover and refrigerate and sprinkle cheese on before baking.
7. Bake, covered for 30 minutes. Remove foil and bake another 15 minutes.