

Sausage Gravy and Biscuits Casserole

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Serves 4, can easily be doubled to serve 8!

Blue – 4 points

Green – 5 points

Purple – 4 points

Sausage

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

Casserole

- 5 (half of a 7.5 oz tube) small buttermilk biscuits
- 1 Tbsp light butter
- 1/4 cup all purpose flour
- 1 cup 1% milk
- salt and pepper to taste

Sausage

1. In a small bowl, mix all seasonings together.
2. Place turkey in a bowl and pour spices on top. Mix well with hands incorporating the spices into the meat very well.
3. Cook in a hot pan sprayed with non stick spray until cooked through. Remove from pan

Casserole

1. Cut each biscuit into 8 pieces. Sprinkle half over the bottom of an 8 inch square baking pan that has been coated with non stick spray. Set aside
2. In the same skillet that you cooked the sausage in, melt butter. Add in flour and stir for about 1 minute until golden. Add milk slowly and stir/whisk constantly until all the milk is incorporated and the sauce is smooth and thick. Season with salt and pepper. Add sausage back in and stir well.
3. Let cool slightly. Add remaining biscuits to sausage gravy mixture and fold in, making sure they do not clump. Pour mixture over biscuits in casserole dish.
4. Bake covered at 350 for about 25 minutes. Remove cover and bake an additional 5 minutes.