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

- 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.