

Zucchini, Sausage, Egg Roll

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So pretty and delicious! It's a bit confusing as written, scroll down for the video!

Serves 9 (makes 9 slices)

Blue – 1 point per slice

Purple – 1 point per slice

Green – 3 points per slice

- 1 large zucchini
- 8 eggs
- salt and pepper to taste
- 8 oz shredded cheddar cheese (points based on Cabot 75% reduced cheddar)
- 1 recipe homemade turkey sausage (see link below OR 1 lb loose turkey sausage of your choice (points based on homemade sausage))

1. Cut the zucchini into 1/4 slices, salt them, and set them aside for 10 minutes so they can extract some of their water and soften. Pat dry, then spread the slices on a baking sheet (10×15 jellyroll pan with sides) lined with parchment paper and sprayed with non stick spray
2. Preheat the oven to 350°F. Add the eggs to a bowl and season with salt and pepper. Beat the seasoned eggs

- until creamy. Pour the mixture over the zucchini slices.
3. Transfer the baking sheet to the preheated oven, cook for 15 minutes, and then let everything cool down a bit.
 4. Sprinkle the shredded cheddar cheese over the zucchini egg bake and then cover everything with the turkey sausage Homemade turkey sausage recipe:
<https://joanspointedplate.com/turkey-sausage/>
 5. Use the parchment paper to carefully roll everything up starting on the short side.
 6. Bake the zucchini roll at 350°F for 15 minutes.
 7. Slice into 9 servings.

Breakfast, Brunch

Eggs