Recipe for BREAKAST POTATOES + TURKEY SAUSAGE

EQUIPMENT NEEDED cutting board, knife, skillet with lid, spoon

SERVES 3-4 ESTIMATED COST $7.00 COST PER SERVING $2.40

INGREDIENTS

- 1 tbsp cooking oil
- 1 cup onion, diced
- 1 cup green pepper, diced **OR** 1 bag frozen onion-pepper blend
- 1 ½ cups turkey sausage, diced or ground
- 3 ea potatoes, diced
- ½ tsp salt or celery salt
- 1 ½ cups water
- To taste, pepper

Optional Toppings:

- Salsa
- Green onion
- Fried egg

METHOD OF PREPARATION

1. In a skillet, warm your oil, cook onion and pepper for 3-5 minutes.
2. Add sausage and cook another 3-5 minutes.
3. Add potatoes, celery salt, salt, and pepper and cook another 3-5 minutes.
4. Add water and cover. Steam for 10-15 minutes, until potatoes soften.
5. Top with fresh salsa or green onion and serve in a bowl, or next to your favorite breakfast item(s). Enjoy!

Maryland University of Integrative Health

7750 Montpelier Rd.
Laurel, MD 20723
410-888-9048 I outreach@muih.edu
www.muih.edu

Recipe for BREAKAST POTATOES + TURKEY SAUSAGE

NUTRITION INFORMATION

Breakfast Potatoes + Turkey

Nutrition Facts

Serving Size	1 Serving	
Amount Per Serving		
Calories	**649.7**	
		% Daily Value*
Total Fat	40.8 g	52 %
Saturated Fat	6 g	30 %
Trans Fat	0.1 g	
Cholesterol	13.6 mg	5 %
Sodium	532.7 mg	23 %
Total Carbohydrate	64.9 g	24 %
Dietary Fiber	8.1 g	29 %
Total Sugars	6.8 g	
Added Sugars	0.2 g	0 %
Protein	9.5 g	
Vitamin D	0 mcg	0 %
Calcium	79.6 mg	6 %
Iron	2.9 mg	16 %
Potassium	1551.3 mg	33 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HEALTH PACKED IN POTATOES

Potato juice has been shown effective for health benefits since the 19th century, containing most of the potato nutrients except starch and fiber, shown to alleviate gastrointestinal diseases and discomforts.







BETTER WITH BELL PEPPER

Green (bell) pepper is known for its good nutrition, which has become the basis for illness prevention and extremely useful in the treatment of existing health problems.

Recipe provided by LA Dixon

Maryland University of Integrative Health

7750 Montpelier Rd.
Laurel, MD 20723
410-888-9048 I outreach@muih.edu
www.muih.edu