



Apple, Sausage and Pancake Casserole

Prep Time: 15 min **Cook Time:** prep: 15 min. bake: 30 min. **Servings:** 8 servings **Source:** Tasteofhome.com

INGREDIENTS

1 pound bulk pork sausage
2 cups biscuit/baking mix
1-1/3 cups 2% milk
2 large eggs
1/4 cup canola oil
2 medium apples, peeled and thinly sliced
2 tablespoons cinnamon sugar
Maple syrup

DIRECTIONS

Preheat oven to 350°. In a large skillet over medium heat, cook and crumble sausage until no longer pink, 5-7 minutes; drain. Mix biscuit mix, milk, eggs and oil until blended; stir in sausage. Transfer biscuit mixture to a greased 13x9-in. baking dish. Top with apples; sprinkle with cinnamon sugar. Bake until set, 30-45 minutes. Serve with syrup.

To make ahead: Refrigerate, covered, several hours or overnight. To use, preheat oven to 350°. Remove casserole from refrigerator; uncover and let stand while oven heats. Bake as directed, increasing time as necessary until a knife inserted in the center comes out clean.

NUTRITION

1 piece: 379 calories, 24g fat (6g saturated fat), 80mg cholesterol, 692mg sodium, 30g carbohydrate (9g sugars, 1g fiber), 11g protein.