



# Chicken Sausage Breakfast Bowls

## INGREDIENTS

- 12 eggs
- 1/4 cup water
- 7 links NeverAny Country Style Chicken Breakfast Sausage, cut into pieces
- (2) 15-oz. cans white potatoes, diced

## NUTRITION FACTS

Serves: 6

Amount Per Serving:

- Calories 239
- Total Fat 13 g
- Saturated Fat 4 g
- Cholesterol 399 mg
- Sodium 572 mg
- Carbohydrate 11 g
- Dietary Fiber 1 g
- Sugars 1 g
- Protein 19 g
- myWW Blue: 4
- myWW Purple: 1
- myWW Green: 8

## DIRECTIONS

1. Whisk eggs and water
2. .Cook eggs until set (if you are meal prepping, remove from stove before they are cooked completely)
3. Brown Sausage.
4. Saute white potatoes in olive oil spray.Weigh out equal portions of each in bowl.Stir to combine.

This recipe can be found at:

<https://planningushealthy.com/sausage-breakfast-bowls>

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