

## Tropical Fruit Slush



### INGREDIENTS

- 1 ripe kiwi
- 1 cup strawberries, sliced
- 1 can (15 oz.) tropical fruit in juice (or any fruit in juice)
- 1½ cups ice

### DIRECTIONS

1. Wash and slice berries. Peel and slice kiwi.
2. Place strawberries, kiwi and tropical fruit in juice in blender.
3. Add ice and blend until smooth.

### NUTRITION FACTS *2 servings*

|               |                          |
|---------------|--------------------------|
| Calories: 191 | Total Carbohydrate: 47 g |
| Fat: 0 g      | Dietary fiber: 5 g       |
| Sodium: 20 mg | Protein: 3 g             |

## Sweet Potato Breakfast Casserole



### INGREDIENTS

- 8 oz. turkey or chicken sausage  
(or vegetarian sausage)
- 4 cups shredded sweet potatoes (you can also finely chop them in food processor)
- ½ cup spreadable butter  
(like Land O'Lakes® – ½ butter, ½ oil)
- 1 cup shredded, reduced fat cheddar/mozzarella blend
- ½ large onion, diced
- 3 cups finely chopped fresh spinach leaves
- 1 container (16 oz.) low fat small curd cottage cheese
- 8 medium eggs

### DIRECTIONS

1. Preheat oven to 375 degrees. Lightly grease 9x13 pan.
2. Chop sausage into small pieces. Brown slightly in pan with onion. Mix sweet potatoes and butter together in bowl; evenly spread on bottom of prepared 9x13 inch pan.
3. Whisk eggs. Combine with the cheddar-mozzarella cheese blend, spinach, cottage cheese, and sausage/onion mixture in a large bowl. Pour over sweet potato layer.
4. Bake casserole in the preheated oven until a toothpick inserted in the center comes out clean and eggs are set, about 1 hour. Cool 5 minutes before serving.

### NUTRITION FACTS *8 servings*

|                |                          |
|----------------|--------------------------|
| Calories: 259  | Total Carbohydrate: 26 g |
| Fat: 10 g      | Dietary fiber: 4 g       |
| Sodium: 465 mg | Protein: 17 g            |