

Low Fat Sausage Gravy (for Biscuits and Gravy)

This tastes just as good as regular sausage gravy

Makes enough for 10 servings (1/2 cup over 1 biscuit)

Ingredients:

16 oz of homemade turkey sausage (store brand turkey sausage is OK, but will change nutritional data shown below)

2 cups skim milk

2 tablespoons olive oil

3 heaping tablespoons flour

1/2 teaspoon Cajun Seasoning or 1/4 teaspoon Cayenne Pepper (**optional** if you like spicy gravy)

A dash or more of salt to suit your taste (taste before adding salt because the turkey sausage already has some salt; you may not need any salt if you are using the optional Cajun Seasoning).

A dash or more of black pepper to suit your taste

- Notes:**
1. Cajun seasoning contains a significant amount of salt (no need for additional salt)
 2. Use less if you are using Turkey Sausage from the Spicy Turkey Breakfast Sausage Recipe

Directions:

1. Use the olive oil to brown the turkey sausage in a large frying (If you have one, a cast iron frying pan works best). Break the sausage into small pieces as you fry it (a potato masher works great for this).
2. Add the flour to the browned sausage and mix until it is fully absorbed by the olive oil. Cook, stirring, until the flour turns brown and blends in well with the meat. You'll want it to be dry, not greasy. Add a little more flour if necessary to make the mixture dry.
3. Turn the heat down to about medium (hot enough for a slow boil)
4. Slowly add skim milk 1/4 cup at a time while stirring constantly (this will prevent lumping of the gravy). Continue adding skim milk until the gravy is thickened, but not pasty. Each time you add some of the milk, let the heat catch up to nearly a boiling temperature. Repeat until all the milk is used. Cook and stir for 10 to 15 minutes or until thickened.
5. Add the spices and stir in thoroughly.

Serve immediately over hot Homemade Low Fat Biscuits (or anything else you like sausage gravy on)

Nutritional Information (Does Not Include Nutritional Information for Biscuits):

Serving Size: 1/2 cup

Compared to 1/2 cup regular sausage gravy

Calories:	162	309
Calories from fat:	78	210
Total fat:	9g	23g
Saturated fat:	2g	8g
Polyunsaturated fat:	2g	4g
Monounsaturated fat:	4g	10g
Cholesterol:	47mg	50
Sodium:	274mg	778
Potassium:	208mg	299
Carbohydrate:	6g	12
Dietary Fiber:	0g	0
Protein:	14g	12