

Light Sausage Balls

Ingredients:

12 ounce package Jimmy Dean Light sausage (in a tube)

8 ounce package shredded reduced fat sharp cheddar

2 cups Reduced Fat Bisquick

1/4 cup low fat milk (I had to add this to get the right texture)



Preparation:

Preheat oven to 400-degrees. Coat a nonstick jellyroll pan with canola cooking spray. Just mix the ingredients all together in a large mixing bowl with your clean hands or a sturdy mixer. Roll into 1-inch balls (about 60) and place on prepared pan. Coat the tops of the sausage ball with canola cooking spray. Bake for about 15 minutes or until nicely browned and cooked throughout. Yield:

Makes 60 balls (about 12 servings if 5 balls each) @ 4 points, 5 pointsplus

Nutritional Information: Per serving: 175 calories, 11 g protein, 15 g carbohydrate, 8 g fat, 3 g saturated fat, 3 g monounsaturated fat, 2 g polyunsaturated fat, 35 mg cholesterol, 0.3 g fiber