

# Breakfast Roll Ups

## Ingredients:

- 5 eggs
- ¼ tsp salt and pepper
- 1 red bell pepper, chopped finely
- 3-4 white mushrooms, finely diced
- 2 8-ounce cans crescent dough sheets
- 8 ounces ground breakfast sausage cooked
- 1 cup shredded cheddar cheese

## Directions

1. Preheat oven to 350°F and grease a 9×13-inch pan with cooking spray.
2. Heat skillet over medium heat and start cooking sausage
3. Using a veggie chopper or knife, finely dice red peppers and mushrooms and add the skillet. Continue cooking until sausage is cooked through.
4. In a mixing bowl, whisk together the eggs, salt and pepper. And add the skillet with the sausage. Keep heat medium low and stir constantly until eggs are scrambled.
5. Open the two cans of crescent dough and unroll the sheets of dough. Pinch the two long edges of the sheets together to form one large rectangle
6. Top with the scrambled eggs and ground sausage mixture and sprinkle with cheese. Roll up the dough tightly.
7. Use a serrated knife to cut the rolled up dough into 12 equal slices.
8. Place the rolls into the prepared baking pan.
9. Bake for 24-26 minutes, or until the tops are golden brown.
10. If prepping ahead of time, heat before serving