The swap: Traditional pork breakfast sausage → Lean turkey sausage crumbles

Crispy Turkey Sausage & Potato Breakfast Hash

By Angie Hayman

Crispy golden potatoes, browned turkey sausage, colorful peppers, and sweet blistered tomatoes, all topped with a perfectly fried egg. Big breakfast flavor, generous portions, and just the right kick of spice!



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY	CALORIES
15 min	25	~40 min	4	Easy	~370 est. per serving

This version saves ~180 calories per serving vs the classic (33% lighter)

Breakfast · American · Calorie-conscious · Dairy-free

Approximate Nutrition

Estimated

Per serving (1/4 of hash, topped with 1 fried egg)

~370	~15g	~45g	~15g	~5g	~5g	~850mg
CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR	SODIUM

Nutrition information is an approximation and may vary depending on the brands and products used, exact ingredient quantities, and portion sizes.

Ingredients

Makes 4 · 1/4 of hash, topped with 1 fried egg

BREAKFAST HASH

- [ ] **1⅝ lb** (726 g) potatoes, peeled and diced into ½-inch cubes
- [ ] **1 cup** Jimmy Dean Fully Cooked Turkey Sausage Crumbles
- [ ] **½ cup** red bell pepper, diced
- [ ] **½ cup** green bell pepper, diced
- [ ] **1 medium** onion, diced
- [ ] **1 cup** mixed cherry tomatoes, halved
- [ ] **1 tablespoon** olive oil
- [ ] Cooking spray, as needed

SEASONINGS

- [ ] **1½ teaspoons** smoked paprika
- [ ] **1 teaspoon** garlic powder
- [ ] **1 teaspoon** onion powder
- [ ] **½ teaspoon** dried thyme
- [ ] **½ teaspoon** black pepper
- [ ] **¼ teaspoon** cayenne pepper
- [ ] **¾ teaspoon** kosher salt

FOR SERVING

- [ ] **4 large** eggs
- [ ] Fresh parsley, chopped, for garnish
- [ ] Freshly cracked black pepper, to taste

Ingredient note: I used Jimmy Dean Fully Cooked Turkey Sausage Crumbles, straight from the freezer. Browning them separately adds extra flavor and those delicious crispy edges! Russet potatoes work beautifully for this hash. I used 1.6 pounds after peeling and trimming. For the tomatoes, I used a colorful mix of small cherry tomatoes. Blistering them separately keeps the potatoes crispy and gives you those sweet, juicy bursts of flavor in every bite. The entire recipe uses just 1 tablespoon of olive oil, plus cooking spray where needed.

Instructions

1. **Prep the Potatoes**
   Peel and trim the potatoes, then dice into approximately ½-inch cubes. Place in a microwave-safe bowl with a splash of water, cover, and microwave for 3 minutes. Drain thoroughly and allow the potatoes to steam-dry while you prepare the skillet.

2. **Brown the Turkey Sausage**
   Lightly coat a large nonstick skillet with cooking spray and heat over medium heat. Add the frozen turkey sausage crumbles and cook for approximately 5–7 minutes, stirring occasionally. Once heated through, allow the sausage to develop golden-brown, crispy edges. Remove from the skillet and set aside.

3. **Get Those Potatoes Crispy!**
   Add 1 tablespoon of olive oil to the same skillet over medium-high heat. Add the potatoes, spreading them into an even layer. Cook for approximately 10–12 minutes, turning occasionally, until golden brown and crispy on the outside.

Calorie Hacker Tip: Resist the urge to constantly stir those potatoes! Giving them time to sit against the hot skillet is how you get those beautiful crispy edges without adding more oil.

4 Add the Peppers and Onions

Add the diced red and green bell peppers and onion to the potatoes. Cook for another 5–6 minutes, stirring occasionally, until the vegetables soften and begin to caramelize.

5 Season Everything

Sprinkle the smoked paprika, garlic powder, onion powder, dried thyme, black pepper, cayenne, and kosher salt over the potatoes and vegetables. Toss until everything is evenly coated. Continue cooking until the potatoes are tender inside and beautifully browned outside.

6 Blister the Tomatoes

While the potatoes finish cooking, lightly coat a separate skillet with cooking spray and heat over medium-high heat. Place the halved cherry tomatoes cut-side down and leave undisturbed for approximately 2–3 minutes until blistered and lightly charred. Give them a gentle toss and cook for another minute.

Calorie Hacker Tip: Cooking the tomatoes separately is worth the extra skillet! You get those sweet, juicy bursts of tomato without turning your crispy potatoes soggy.

7 Bring the Hash Together

Return the browned turkey sausage to the potato mixture and gently toss to combine. Cook for another 1–2 minutes until everything is heated through. Divide the hash evenly among four plates and top with the blistered tomatoes.

8 Fry the Eggs

Lightly spray a nonstick skillet and cook four eggs sunny-side up or over easy, keeping the yolks runny if desired. Place one egg on each serving of hash.

9 Garnish and Serve

Finish with freshly cracked black pepper and a sprinkle of chopped parsley. Serve immediately while the potatoes are crispy and the eggs are warm.

Calorie Hacker Tip: Break that runny yolk right over the potatoes! It creates a rich, delicious sauce without needing butter, cream, or extra calories.

Crispy Potatoes. Big Portions. Less Oil.

The Calorie Hack

Who says a lighter breakfast has to mean a tiny portion of food? Not in my kitchen! This hash has everything I love about a hearty breakfast: crispy potatoes, savory sausage, colorful peppers, sweet blistered tomatoes, and a runny egg on top. The secret isn't taking away the good stuff. It's making a few smarter swaps and letting the skillet do the heavy lifting. Four generous servings, just one tablespoon of olive oil, and all those delicious crispy edges still intact!

Traditional approach	Our Calorie Hack
~~Traditional pork breakfast sausage~~	✓ **Leaner turkey sausage crumbles**
~~Generous amounts of cooking oil~~	✓ **Just 1 tablespoon of olive oil for 4 servings, plus cooking spray**
~~Potatoes fried in extra oil~~	✓ **Par-cooked potatoes, then crisped in a hot skillet**
~~Rich, buttery finishing sauce~~	✓ **A naturally creamy, runny egg yolk**

Why it works

- The magic is in the cooking technique! Turkey sausage gives us that savory breakfast flavor with less fat than traditional pork sausage, especially when we brown it until those little crispy edges develop.
- Giving the potatoes a quick head start in the microwave means they don't need to spend forever cooking in oil. A hot skillet and a little patience do the rest.
- And those blistered tomatoes? They bring little bursts of sweetness and acidity that make every bite more interesting. Add a runny egg yolk for richness, and suddenly there's no need for a heavy sauce.
- The result is a big, satisfying breakfast that tastes indulgent without relying on loads of added fat. Because the goal isn't to eat less delicious food. It's to make delicious food work a little harder for us!

Make It a Meal

One serving: ~370 cal

This hash is already a full breakfast situation! Between the crispy potatoes, savory turkey sausage, colorful veggies, and that glorious runny egg, you really don't need much else. But if you're feeding a crowd or putting together a weekend brunch spread, here are a few easy additions that won't send the calories through the roof.

- **Fresh berries +~70 cal**
  1 cup of strawberries, blueberries, or raspberries for a refreshing, naturally sweet side.
- **Fresh orange slices +~60 cal**
  One medium orange, sliced for a bright, juicy addition.
- **Whole-grain toast +~90 cal**
  One slice of toasted whole-grain bread for anyone who wants something extra.

- **Greek yogurt with cinnamon +~100 cal**
  ½ cup plain nonfat Greek yogurt with cinnamon and a drizzle of honey.

Illustrative estimates. Actual calories depend on portions, ingredients, and dressing.

Angie's Kitchen Notes

What we learned making it

1. **1. Patience is a kitchen ingredient.** I know it's tempting to keep stirring everything, but sometimes the best thing you can do is leave your food alone. Put the spatula down. I promise the potatoes aren't going anywhere! **2. Your microwave is not the enemy.** Three minutes in the microwave gave those potatoes a head start before they hit the skillet. I'm not above taking a shortcut, especially when it actually makes the food better! **3. One skillet is nice. Two skillets are sometimes worth the dishes.** I'm not usually volunteering for extra cleanup, but sometimes cooking things separately gives you better control over the final dish. Future me can complain about the dishes later. **4. Measure your ingredients, especially when you're experimenting.** I weighed my potatoes for this recipe, and I'm glad I did. Turns out, eyeballing a pound and a half of potatoes isn't exactly a science. Who knew?

Storage & Reheating

- Store leftover breakfast hash in an airtight container in the refrigerator for up to 3–4 days. For best results, keep the hash separate from the eggs and cook fresh eggs when serving. Nobody wants a sad, rubbery reheated egg!
- ****To reheat:** ** My favorite method is a lightly sprayed skillet over medium heat for 5–7 minutes. It helps bring back those crispy potato edges! You can also use an air fryer at 350°F for approximately 4–6 minutes or microwave in short intervals if you're in a hurry. Whichever method you choose, reheat until the hash reaches 165°F throughout. I don't recommend freezing this one. The potatoes and tomatoes can lose some of their texture after thawing, and those crispy potatoes are half the reason we're here!

Leftover safety, the USDA way: Refrigerate within 2 hours · Enjoy within 3–4 days · Freeze for up to 3–4 months · Reheat to 165°F. USDA: Leftovers and Food Safety: fsis.usda.gov

Hack It Again

Cook once, eat twice

Turn the leftovers into tomorrow's lunch. Less waste, less money, less thinking.

- ****Breakfast Burritos**
  ** Warm up leftover hash, tuck it into a tortilla with scrambled eggs and a spoonful of salsa, and you've got breakfast on the go. A little shredded cheese wouldn't hurt either!
- ****Loaded Breakfast Quesadillas**
  ** Chop the leftover potatoes a little smaller, add them to a tortilla with a sprinkle of sharp cheddar,

and toast until golden and crispy. Serve with salsa or Greek yogurt for dipping.

- ****Breakfast Egg Scramble**
  ** Toss leftover hash into a skillet, warm it through, and scramble in a couple of eggs. Same delicious flavors, completely different breakfast!
- ****Stuffed Breakfast Peppers**
  ** Spoon leftover hash into halved bell peppers, sprinkle with a little cheese, and bake until the peppers are tender and everything is heated through. Top with a fresh egg if you're feeling fancy!

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