FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.

# Cajun Sausage Bread*

**Recipe Summary:**
Preparation Time: 90 minutes
Yields: 2 Loaves

**Ingredients:**
1 lb bulk spicy pork sausage
2-3 garlic cloves, minced
1 ½ cups finely chopped green onions
½ cup finely chopped green pepper
2 jalapeno peppers, seeded and chopped
3 cups (12 ounces) shredded cheddar cheese
2 loaves (1 lb each) frozen bread dough, thawed
2 Tbsp butter, melted

**Directions:**
Crumble sausage into a large skillet; add garlic. Cook over medium heat until meat is no longer pink; drain. In a large bowl, combine the onions, green pepper, and jalapenos. Stir in the sausage mixture and cheese; set aside. On a lightly floured surface, roll each loaf of dough into a 13x9 in. rectangle. Top with sausage mixture leaving 1/2 inch on all sides. Roll up jelly-roll style. Put on greased baking sheets and brush with butter. Bake at 350 degrees for 35-40 minutes or until golden brown. Serve warm. Refrigerate leftovers.

*Note: Wear disposable gloves when cutting hot peppers; the oils can burn the skin. Avoid touching your face.*

**Nutrition Facts**
Serving Size 1 slice

| **Amount Per Serving** | |
|---|---|
| **Calories** 152 | |
| | **% Daily Value (DV)*** |
| **Total Fat** 9g | **8%** |
| Saturated Fat 5g | **5%** |
| Trans Fat 0g | **0%** |
| **Cholesterol** 24mg | **3%** |
| **Sodium** 279mg | **25%** |
| **Total Carbohydrate** 11g | **18%** |
| Dietary Fiber 1g | **52%** |
| **Protein** 6g | |

*** Percent Daily Values are based on a 2,000 calorie diet.**

**Nutritionist Notes:**
- Recipe may be high in fat and sodium due to pork sausage, shredded cheddar cheese, and butter.
- May want to use low-fat sausage, use low-fat shredded cheddar cheese and decrease amount to 2 cups, decrease butter to 1Tbsp, and use pan spray to grease baking sheet or use parchment paper instead.

* From Southern Living