

Sausage Egg Muffins

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SERVINGS: 9 (2 egg muffins serving size)

TIP

These egg muffins freeze well. Cool muffins completely and place in a freezer bag; remove as much air as possible and freeze. To heat, place 1 – 4 muffins in the microwave and heat at 70% power – time will vary between 1 ½ - 4 minutes depending on how many muffins are heated at one time. If heating one or two from the fridge, 45 seconds at 70% power works perfectly.

NUTRITION INFO

(with pork sausage - no toppings)

Calories — 315 Fat — 23 g Protein — 21 g
Carbs — 6 g Fiber — 1 g Net carbs — 5 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

INGREDIENTS (egg muffins)

- 1 lb. bulk pork or turkey sausage
- 1 C. chopped baby bella mushrooms
- ¼ C. chopped green bell pepper
- ¼ C. chopped red bell pepper
- 10 large eggs
- ¼ C. half & half
- ¼ tsp. black pepper
- 1 C. shredded sharp cheddar cheese
- ½ C. chopped green onion

INGREDIENTS (toppings), optional

- Sour cream
- Chili garlic sauce (I use Huy Fong®)
- Chopped fresh parsley
- Black pepper

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Line a standard size muffin tin with parchment baking liners; set aside. (This recipe makes 18 egg muffins; you may have to bake in batches or use multiple pans.)
3. To a large skillet, add sausage, mushrooms and bell peppers. Cook over medium heat until sausage is browned and done, about 10 – 12 minutes. Drain if necessary; set aside.
4. To a large bowl, add eggs, half & half and pepper; whisk until blended. Stir in cheese, green onion and sausage mixture.
5. Place ¼ C. egg mixture into each baking liner. Bake 25 minutes or until an inserted toothpick comes out clean.
6. Top with toppings, if desired.