SAUSAGE EGG MUFFINS

Ingredients:

1/2 pound lean turkey sausage
12 eggs, beaten
1/2 cup chopped onion
1/2 cup chopped bell pepper
1/4 cup chopped tomato
¼ cup chopped cilantro
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/2 cup shredded Cheddar cheese
Cooking spray

Preparation:

Preheat oven to 350° F. Lightly spray 12 muffin cups.
Heat a large skillet over medium-high heat. Cook sausage until crumbly and no longer pink. Stir in chopped onions, green peppers. Cook for 2-3 minutes. Add tomatoes, and cilantro then remove from heat.

In a bowl mix sausage and vegetable mixture with beaten eggs, salt, pepper, garlic powder and cheese. Pour evenly into muffin cups.

Bake in preheated oven 20 to 25 minutes, until eggs firmly set, an inserted toothpick or knife will come out dry or inserted thermometer reads 160° F.

TIP: Use any combination of meat, vegetables and herbs to suit your liking. Make ahead of time, then warm up as needed in the morning. Add a piece of toast, fruit, or glass of milk to have a quick balanced breakfast in the morning.