Egg Cups

Author: Holly N. Prep time: 10 mins Cook time: 22 mins Total time: 32 mins

Ingredients

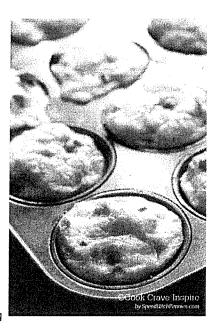
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- 1 lb ground turkey sausage (or pork)
- o 6 large eggs
- o 1 cup egg whites
- o ½ red pepper, diced
- 3 tablespoons minced onion
- o 1 cup cheddar cheese
- ½ cup mozzarella cheese

Instructions

- 1. Preheat oven to 350 degrees.
- 2. Brown turkey sausage over medium high until no pink remains.
- 3. Spray a muffin tin with cooking spray. Divide the red pepper, onion, cooked sausage and cheeses over 12 wells.
- 4. In a large bowl combine eggs, egg whites and salt & pepper to taste. Pour egg mixture over the sausage in each well.
- 5. Bake 22-25 minutes or until set.
- 6. Remove from cups and serve warm or let cool completely and refrigerate or freeze.
- 7. To reheat from refrigerated, microwave about 30 seconds. To reheat from frozen, microwave 45-60 seconds. Note: Microwaves can vary greatly, time may need to be adjusted.

Recipe by Spend With Pennies at http://www.spendwithpennies.com/make-ahead-egg-muffins/



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