

Make Ahead Egg Muffins

Ingredients

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

Tips & Twists

You can use any combination of ingredients you like including ham & broccoli, spinach & feta or sausage, peppers and mushrooms. We often use leftovers from the weekend to put in them and change up the cheeses depending on what we have on hand.

I use store bought egg whites in a container, I like how it makes the texture a little bit lighter. If you'd prefer to use whole eggs, replace the 1 cup of egg whites in the recipe and use 12 eggs total. (1 egg per cup).

Thanks Spend with Pennies ☺