

TURKEY SAUSAGE MUFFIN CUPS



INGREDIENTS

- 1/2 Tbsp. canola or corn oil
- 1 yellow onion, finely chopped
- 1 package sliced white mushrooms
- 1 6.4-ounce pkg frozen, cooked, nitrate-free turkey sausage links, thawed
- 1 3/4 cup liquid egg substitute
- 1/4 cup fat-free milk
- 1/4 tsp. pepper
- 1 cup shredded fat-free Cheddar cheese

DIRECTIONS

1. Preheat oven to 350° F. Lightly spray a 12-cup muffin pan with cooking spray.
2. In a medium nonstick pan, heat oil over medium-high heat. Cook onions and mushrooms for 10 minutes, or until soft, stirring occasionally.
3. Warm the turkey sausage according to package directions and chop into bite-size pieces. Stir into the onion mixture until well blended. Spoon into the muffin cups.
4. In a small bowl, whisk together the egg substitute, milk and pepper. Pour egg mixture into muffin cups. Top with the Cheddar.
5. Bake for 25 minutes, or until the eggs are set. Remove from oven. Let cool slightly.



Recipe courtesy of the American Heart Association