

## **Egg and Sausage Muffins**

This is a great breakfast treat that is easy to make and can be served for a brunch or taken on the go.

### **Ingredients**

1 lb. ground sausage meat  
1 dozen eggs  
1 cup cheddar cheese  
½ cup mozzarella cheese  
½ red pepper (optional)  
3 Tbs. onion (optional)  
½ tsp. salt  
½ tsp. ground black pepper  
Cooking spray

### **Utensils**

Knife and cutting board  
Measuring cup  
Measuring spoons  
2 small bowls  
Frying pan  
Spatula  
Large mixing bowl  
Whisk  
Cheese grater  
Muffin tin

Preheat the oven to 350°. Using the two small bowls, separate 6 of the eggs. Keep the egg whites and save the yolks for another dish. Grate the cheeses. Dice the red pepper and mince the onion if using. In the frying pan over medium heat brown the sausage until there is no pink left in the meat. Spray the muffin tins with the cooking spray. The dish can be prepared up to this point in advance. In a large mixing bowl combine eggs, egg whites, salt and pepper whisk until mixture is smooth. Place some sausage, cheese mixture, red pepper and onion, if using, into each of the wells of the muffin tin. Slowly pour some of the egg mixture into each well until they are full. Bake for 20-25 minutes or until they are set. Remove the egg muffins from the muffin tin and serve warm or let cool completely, then refrigerate or freeze. Makes 1 dozen egg muffins.