

Breakfast Egg Muffins To Go

These are great for Breakfast in the car and can be eaten hot or cold!!!!

Eggs are one of the most versatile breakfast foods around, but few of us can spare the time to cook them in the morning. These eggs muffins are designed to be cooked ahead of time, then grabbed on the go. Egg muffins will keep one week in the refrigerator. Microwave 30 seconds to reheat.

Yield - 12 muffins

1/2 pound ground Italian pork or turkey sausage

4 ounces frozen chopped broccoli florets

1/2 cup shredded cheddar cheese

12 eggs

1/2 teaspoon salt

1/4 teaspoon pepper

12 parchment paper muffin wrappers or 12 silicone muffin cups

Directions

Preheat oven to 350 degrees F.

Heat skillet over medium heat. Add sausage and cook until no longer pink.

In a microwave-safe bowl, microwave frozen broccoli florets until thawed (approximately 4 minutes) and drain.

If using a muffin tin, line tin with parchment paper wrappers. If using silicone muffin cups, place cups on a baking sheet lined with foil (to catch any egg overflow and making clean-up much easier!).

In a large bowl, combine sausage, broccoli and cheese. Spoon mixture into cups, filling them 2/3 of the way, leaving room to add the egg mixture.

In another bowl with a pour spout, beat together 12 eggs. Add salt and pepper. Pour egg mixture into each muffin cup, being careful to leave a little room (1/4 inch or so) at the top.

Bake 25 minutes, or until muffins have risen and are firm.

Variation: Instead of Italian sausage, try diced bacon, Canadian bacon, ham, chorizo or crumbled breakfast sausage. Try other veggies such as diced red pepper, spinach, zucchini, mushrooms, etc. Mix and match at will!