



# Egg Muffins

## INGREDIENTS

3/4 cup cooked and crumbled sweet Italian sausage  
2 small handfuls fresh spinach, chopped  
9 large eggs  
1/3 cup milk  
1/3 cup shredded cheese  
Salt and freshly ground black pepper, to taste  
Salsa

## INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Spray 12 muffin cups with nonstick spray.
2. After cooking the sausage, scoop it into a paper towel-lined bowl to drain and cool, then wipe out the pan with a paper towel. Quickly cook the spinach in the same pan, just until wilted. Let it cool, then squeeze any excess moisture out of it.
3. In a medium bowl, whisk together the cooled sausage and spinach with the eggs and milk. Scoop into the prepared muffin tins almost to the top. Sprinkle cheese on top. Then sprinkle with salt and pepper.
4. Bake 25 to 30 minutes, or until egg is cooked through. Easy way to check the egg: touch the middle of the muffins—if they are still wet and gooey, they'll need a little more time in the oven. They should feel cooked through.
5. Serve egg muffins immediately—with salsa, if desired.

Optional add-ins: Tomatoes, mushrooms, bell peppers, broccoli, green chilies, turkey bacon, chicken sausage

*Makes 12 muffins: 87 calories each, 3 grams carbs, 6 grams fat, .5 gram fiber, 7 grams protein*