

Holiday Brunch Cups

Makes 12 with leftover filling for a quick cook dinner.

These make-ahead brunch cups are perfect to serve hungry holiday houseguests and also offer busy families a convenient breakfast option on weekday mornings. When you are making these perfectly portioned breakfast treats, boil some spaghetti noodles and toss the leftover filling with the pasta for a quick and healthy family dinner.

INGREDIENTS

1 pound spicy turkey Italian sausage, casings removed
1 Tablespoon Olive oil
1 medium red bell pepper, diced small
½ teaspoon salt-free Italian seasoning blend
1 medium head of Broccoli, cut into small florets
¾ Cup shredded part-skim mozzarella
¼ Cup Italian Parsley, chopped (optional)
Non-stick cooking spray
10 eggs
1 teaspoon salt
¼ teaspoon pepper

PREPARATION

1. Heat the olive oil in a large skillet over medium heat. Cook the sausage, red pepper and seasoning blend, breaking up the meat with the back of a spoon until cooked through. Drain the sausage and pepper mixture and transfer to a large mixing bowl to cool.
2. Meanwhile bring a medium saucepan filled with water to a boil. Cook the broccoli florets until crisp tender (about 5 minutes) and drain well. Add the cooked broccoli to the bowl with the sausage mixture.
3. Preheat the oven to 375 degrees.
4. When the sausage and broccoli mixture is cool, fold in the cheese and parsley. Line a muffin tin with double layers of paper liners and spray each cup with non-stick cooking spray. Place a scant ¼ Cup of the sausage mixture into each cup. Reserve the remaining filling.
5. Beat the eggs with the salt and pepper and transfer to a pitcher. Pour the egg mixture into the muffin cups until about ¾'s full. Bake the muffin tins at 375 degrees for 25-30 minutes until set. Allow to cool 10 minutes before serving or remove paper liners and cool completely; refrigerate for several days or freeze in Ziploc bags until ready to use. Microwave the frozen brunch cups for 2-3 minutes before serving.

**Brunch Cups can be cooked without paper liners; use a non-stick muffin tin or spray the tins liberally with non-stick spray before baking. Allow cups to cool in the pan for 5 minutes before running a knife around the edge of the pan and popping them out.*

** Vary the filling options in this easy recipe. Feel free to substitute frozen broccoli in this recipe or change the fillings all together. Try spinach, mushroom and Swiss cheese or diced ham, cheddar and scallion!*

Nutrition Facts per Serving

Calories: 153, Calories from fat: 87, Total fat: 9.7grams, Saturated fat: 3.2grams, Cholesterol: 166mg, Sodium: 521 mg, Total Carbohydrates: 2.9gm, Dietary Fiber: 0.6gm, Protein: 14 gm.

Cost per recipe ~ \$ 7.87 (10% tax sale included)

Cost per serving ~ \$ 0.65 (10% tax sale included)

(Cost is based on prices of the less expensive brands, at the low prices stores such as Walmart or Aldi. Cost do not include any condiments such as yellow mustard, garlic cloves, cooking oil, salt, peppers or other seasonings that would not significantly change the cost).