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# Omelet Muffins

12 Servings

## Ingredients

- ½ pound turkey sausage
- 12 eggs
- ½ cup chopped onion
- ½ cup chopped green bell pepper, or to taste
- ½ cup chopped spinach
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- ½ cup shredded cheddar cheese

Preparation time: 10 minutes

Cook time: 20 minutes

Ready in: 30 minutes

## Directions

1. Preheat oven to 350 degrees F. Lightly grease 12 muffin cups or line with paper muffin liners.
2. Heat a large skillet over medium-high heat and stir in sausage; Cook and stir for 10 to 15 minutes or until sausage is crumbly, evenly browned and no longer pink; drain.
3. Beat eggs in a large bowl. Stir in onion, spinach, green pepper, salt, pepper and garlic powder. Mix in sausage and cheddar cheese.
4. Spoon into muffin cups.
5. Bake in preheated oven for 20 to 25 minutes or until a knife inserted near the center comes out clean.

## Nutritional Information

Calories: 143

Protein: 10.2 g

Fat: 10.6 g

Carbohydrate: 1.6 g

Cholesterol: 202 mg

Sodium: 365 mg