



RECIPE OF THE WEEK

Scrambled Egg Muffins

½ lb turkey sausage crumbles, cooked

½ cup onion, chopped

12 eggs or 3 cups egg substitute

¼ cup green pepper, chopped

½ tsp. salt

¼ tsp. pepper

¼ tsp. garlic powder

½ cup low fat shredded cheddar cheese

-
1. In a large bowl, beat the eggs. Add the onion, green pepper, salt, pepper and garlic powder.
 2. Stir in the sausage and cheese.
 3. Spoon by 1/3 cupfuls into muffin cups, sprayed with cooking spray.
 4. Bake at 350 degrees for 20 – 25 minutes or until a knife inserted near the center comes out clean.

*** Freeze the extra to reheat for busy mornings ☺.***

NUTRITION FACTS:

Calories: 133 (1 muffin)

Dietary Fiber: trace

Total Fat: 7 grams

Protein: 9 grams

Sodium : 268 mg.

Total Carbohydrates: 2 grams

Makes 1 dozen

FOOD FOR THOUGHT: I'm not telling you it's going to be easy, I'm telling you it's going to be worth it. – Anonymous