

Breakfast Sausage and Cheese Cups

4 oz ground turkey sausage or turkey bacon
1/2 green bell pepper, chopped
1/4 cup green onion, chopped
5 large eggs
1 can 912oz) sliced mushrooms, drained
1/2 cup low fat shredded cheddar cheese

Preheat oven to 350. Spray nonstick spray in a 6 cup muffin pan.

In a medium nonstick skillet, cook turkey sausage, peppers and onions until cooked and no longer pink. Drain. Spoon into a bowl and cool slightly. Stir in the eggs and mushrooms.

Evenly divide between prepared muffin cups. Sprinkle with cheese.

Bake for 20 minutes or until eggs are set.

Nutrition Information for 1 "muffin"

12 grams protein

1 grams carb