

Holiday Brunch Cups

These make-ahead brunch cups are perfect to serve hungry holiday houseguests and also offer busy families a convenient breakfast option on weekday mornings. 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!

Makes 12; 1 brunch cup per serving

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 Italian seasoning, 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 standard 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 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.*

Nutrition Facts per 1 brunch cup

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 included)

Cost per serving ~ \$ 0.65 (10% tax 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 like cooking oil, salt, or other seasonings that would not significantly change the cost).