

Sausage Egg Muffins

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SERVES 8

INGREDIENTS

- 5 ounces ground pork sausage
- 8 eggs, beaten
- 3/8 (4 ounce) can chopped green chile peppers, drained
- 5/8 small onion, chopped
- 3/4 teaspoon garlic powder
- salt and pepper to taste

PREPARATION

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease 12 muffin cups.
2. Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.
3. In a large bowl, combine eggs, chiles, onion, garlic powder, salt pepper and sausage; mix well. Spoon 1/4 cup of sausage mixture into each prepared muffin cup.
4. Bake in preheated oven for 15 to 20 minutes, until egg has set and a toothpick inserted into each 'muffin' comes out clean.