

MUSHROOM AND SAUSAGE MINI QUICHES

Ingredients

8 ounce package breakfast turkey sausage links, sliced
1 tsp olive oil
8 ounce can sliced mushrooms
¼ cup green onions, sliced
¼ cup shredded Swiss cheese
1 tsp pepper
5 eggs
3 egg whites
1 cup milk

Directions

1. Brown sausage in a skillet over medium-high heat; drain and transfer to a bowl.
2. To the same skillet, add oil and mushrooms. Cook, stirring often, until golden, about 5 to 7 minutes. Add mushrooms to sausage.
3. Stir in green onions, cheese, and pepper.
4. In a separate bowl, whisk together eggs, egg whites, and milk. Divide egg mixture evenly among 12 lightly greased muffin cups.
5. Sprinkle a heaping tablespoon of sausage mixture into each cup.
6. Bake at 325 degrees for 25 minutes, or until tops are golden.
7. Remove from cups; cool on a wire rack.