

# Boost Breakfast with Egg Cups

Most mornings, a wholesome breakfast is sacrificed for extra sleep or racing the clock to get out of the house on time. However, nutrition doesn't need to be neglected if we plan ahead! Power up your breakfast with an easy recipe for egg cups and sacrifice nothing.

These egg cups can be a mix of eggs, chicken sausage, spinach, cheeses, or tomatoes. They're simple to prepare and can either be hand-held and eaten on their own or put on a toasted, whole grain English muffin and eaten as a sandwich. The best part is that it takes only 30 minutes from start to finish to prepare enough breakfast for almost two weeks. These egg cups can be stored in the freezer and defrosted whenever you need them.

Eggs make a great base for a meal because of the nutrient punch they pack. Eggs contain the most bioavailable protein of any food, while also supplying a healthy dose of vitamins A, D, and B12. These nutrients are essential for producing hormones, generating red blood cells, bone growth, and maintaining immune health. The protein and fat contained



in eggs keeps you satiated longer than any refined grain breakfast bar will. Adding vegetables like red peppers, zucchini, kale, etc also boosts the nutrient content and helps you to reach the average recommendation of 2 1/2 cups of vegetables per day in an easy and delicious meal.

## Power Breakfast Egg Cups Recipe

*Makes 12*

- 12 eggs (or equivalent amounts of egg whites or Egg Beaters)
- 2 chicken sausages, fully cooked
- 1/2 cup grape tomatoes, roughly chopped or quartered (or your veggie of choice)
- 1 cup baby spinach, torn or chopped (or your veggie of choice)
- Salt and pepper to taste
- Optional: 1/4 - 1/2 cup shredded cheese

Preheat the oven to 350 F and grease 2 6-cup muffin tins. Scramble the eggs in a bowl. Chop the sausages and vegetables. Fill the muffin tins 1/2 - 3/4 full with the eggs. Add the sausage, vegetables, and cheese to each cup. Add salt and pepper to taste. Mix lightly with a fork to blend ingredients in each cup. Bake for 20-25 minutes or until the center is no longer loose. Remove from the oven and let cool for a few minutes before removing the egg cups from the muffin tins. Serve hot.

This recipe is a sample of what can be made; the combinations of flavors are endless! Try adding feta cheese, spinach and sautéed onion for a Mediterranean flavor. Or add herbs and spices like cayenne or rosemary.

*By Beth Rosen, MS, RD, CDN*

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