Turkey, Broccoli, and Egg Muffins

Yield: 12

Ingredients

For the sausage

1 Tbs olive oil
1/2 medium yellow onion, finely chopped
1 clove garlic, minced
1/2 lb ground turkey
1 tsp dried oregano, crumbled
1 tsp fennel seeds
1 tsp dried basil
1/2 tsp ground black pepper
1 tsp dried parsley
1/2 tsp Celtic or Redmond Real Salt

For the muffins

2 cups broccoli, finely chopped
1 cup shredded cheddar cheese
1/4 cup sun-dried tomatoes (soaked in oil), finely chopped
1 tsp dried basil
1/4 tsp dried oregano
1/2 tsp smoked paprika
1/2 tsp Celtic or Redmond Real Salt
8 large eggs
1 Tbs chives

Directions

1. Preheat the oven to 375° degrees. Grease a 12-cup muffin pan.

2. In a medium skillet over medium heat, cook onion and garlic for five minutes or until onion has browned and softened. Remove from skillet and cool for 10 minutes.

3. In a medium bowl, combine turkey and the onion mixture. Add the rest of the sausage ingredients, and mix with your hands until thoroughly blended.

4. Cook in the skillet over medium heat for 5-6 minutes, until the meat is cooked. Set aside to cool, then chop.

5. In a large bowl, combine broccoli, sausage, cheese, tomatoes, basil, oregano, onion powder, and Celtic or Redmond Real Salt.

6. In a medium bowl, whisk the eggs. Pour into the broccoli mixture and mix thoroughly. Divide the mixture evenly among the muffin cups and top with chives.

7. Bake for 15-20 minutes or until a wooden pick inserted in the center of a muffin comes out clean.

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