



## Sausage & Cheese Breakfast Cups

4 oz turkey sausage  
1/2 green bell pepper, chopped  
1/4 onion, chopped  
5 large eggs  
1 can (12 oz) sliced mushrooms, drained  
1/2 Cup (2 oz) shredded reduced fat cheddar cheese

Preheat oven to 350 degrees & coat a 6 cup nonstick muffin pan with cooking spray. In a medium skillet over med-high heat, cook the sausage, pepper and onion for 5 min., or until the sausage is no longer pink. Spoon the mixture into a bowl & cool slightly. Stir in the eggs and mushrooms. Evenly divide among the prepared muffin cups. Sprinkle with cheese. Bake for 20 min. or until the egg is set.

6 Servings | 3 Weight Watchers points per serving



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