

English Muffin Casserole

Nicole

I am continuing to cook through Brette Sember's *The Muffin Tin Cookbook*. Breakfast made the most sense to me for appealing cupcake sized meals. I love sausage and eggs in the morning so this seemed like a perfect breakfast in mini sized portions. I have modified the way Ms. Sember suggests cooking the sausage because caramelized sausage from a pan tastes so much better than baked and steamed in the oven.

Recipe adapted from Brette Sember

Servings: 10 cupcake-sized tins

Prep Time: 15 minutes

Cook Time: 20 minutes

INGREDIENTS

- 2 whole wheat English Muffins
- 3 uncooked breakfast sausages, casings removed
- the green part of 1 scallion, finely chopped
- 1/8 teaspoon thyme
- 1/8 teaspoon onion powder
- 2 eggs, beaten
- 1/4 cup heavy cream
- 1/2 cup skim milk
- 1/4 cup shredded Monterey Jack Cheese

DIRECTIONS

1. Preheat the oven to 350F. Prepare the muffin tin with silicon cupcake liners or tinfoil sprayed with non-stick cooking spray.
2. Over medium heat, add sausage to a skillet and cook until browned.
3. Tear the English muffins into 1" pieces and place in a bowl. Mix in sausage, scallions, thyme, onion powder, egg, cream, milk and cheese.
4. Divide among muffin cups, and bake for 20 minutes, until set and slightly browned.

