



# TURKEY, BROCCOLI AND EGG MUFFINS

Makes 12

## Ingredients

### Ingredients for Ground Turkey

1 Tbsp	Olive oil
½ medium	Yellow onion, finely chopped
1 clove	Garlic, minced
½ lb	Ground Turkey
1 tsp	Dried Oregano, crumbled
1 tsp	Fennel Seeds
1 tsp	Dried Basil
½ tsp	Ground Black Pepper
1 tsp	Dried Parsley
½ tsp	Sea Salt

### Ingredients for Muffin Mixture

2 cups	Broccoli, finely chopped
1 cup	Shredded Cheddar Cheese
¼ cup	Sun-dried Tomatoes (soaked in oil), finely chopped
1 tsp each	Dried Herbs (Rosemary, Sage, Basil)
¼ tsp	Dried Oregano
½ tsp	Smoked Paprika
½ tsp	Sea Salt
8 large	Eggs
1 Tbsp	Parsley or Chives

## Equipment

- 12-cup muffin pan
- Medium skillet
- Chef's knife
- Mixing bowls

## 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, cooked meat, cheese, tomatoes, basil, oregano, onion powder, and 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.