

Egg-Inspired Breakfasts...

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Egg "Muffin" Cups with Turkey Sausage and Mushrooms

Recipe courtesy of the American Heart Association with support from Eggland's Best
Servings: 6

Nonstick cooking spray
1/2 tablespoon canola or corn oil
1 yellow onion, finely chopped
1 package (8 ounces) sliced white mushrooms
1 package (6.4 ounces) frozen, cooked, nitrate-free turkey sausage links, thawed
7 large eggs
1/4 cup fat-free milk
1/4 teaspoon pepper

1 cup shredded fat-free cheddar cheese

Preheat oven to 350 F. Lightly spray 12-cup muffin pan with nonstick cooking spray.

In medium nonstick pan, heat oil over medium-high heat. Cook onions and mushrooms 10 minutes, or until soft, stirring occasionally.

Warm turkey sausage according to package directions. Chop turkey into bite-size pieces. Stir into onion mixture until well blended. Spoon into muffin cups.

In small bowl, whisk eggs, milk and pepper. Pour egg mixture into muffin cups. Top with cheddar cheese.

Bake 25 minutes, or until eggs are set. Remove from oven. Let cool slightly. To easily remove muffins from pan, run knife around edges of each muffin.

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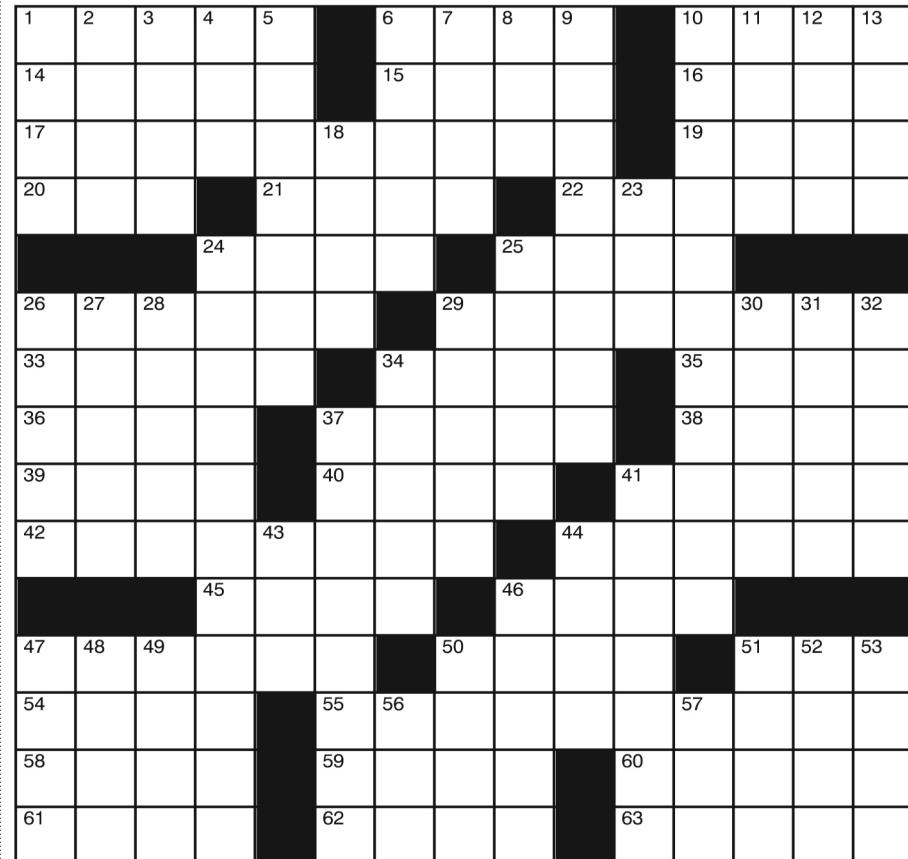
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PRIME



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By Neil Manausa

ACROSS

1 Confusion of tongues
6 Official records
10 Spur
14 Address a crowd
15 One not given to procrastination
16 Dominique's dream
17 Secret work
19 Notion
20 ___ the line
21 Pane anagram
22 Donny or Marie
24 Shut in
25 To one side
26 A Salinger
29 Sirens
33 Immigrant island
34 Water bird
35 Auricular
36 Grad
37 Salmon, in Lincoln's cabinet
38 Glass, in Segovia
39 "Kiss Me ___"
40 Sentry's stop
41 Write anew
42 Loudmouths?
44 Composed
45 "Exodus" author

46 Bleats
47 Rotten deal: sl.
50 Not fem.
51 Shoe width
54 Swift steed
55 Get down to these
58 Estimate
59 Certain paintings
60 Fairytale villains
61 Axillary
62 New Haven university
63 Induce

DOWN

1 Stint or stretch
2 Tuscany river
3 Ordered
4 Vacation time, in Vichy
5 "My Fair Lady" lyricist and kin
6 Take up
7 Sheltered bay
8 Three-way joint
9 Appropriate
10 Principal agents
11 Decorate anew
12 Bakery need
13 Grateful rock group

18 Sugar or candy
23 Sun. speech
24 2, 3, 5 or 7, e.g.
25 "___ of golden daffodils"
26 Pikes' and others
27 ___ ease: nervous
28 Remove material with a solvent
29 Rake over the ___
30 Day's military march
31 Above the horizon
32 Teacake
34 Blackens
37 Church singer
41 Atomic pile
43 Uno e due = ___
44 Backtalk
46 Billiard shot
47 Theda, the vamp
48 River to the Caspian
49 Dancer/spy ___ Hari
50 Retail complex
51 Natural linen color
52 Makes last, with out
53 Existence: L.
56 Biological quantifying tech.
57 Time past

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