

Homemade Chicken Sausage & Quinoa Protein Egg Muffins w/ Roasted Red Potatoes

Servings: About 8

Serving Size: 2 egg muffins + 3/4 cup potatoes

Total Time: 55 minutes

Adapted from: Parsnips & Pastries and The Real Food RDs Blogs

Ingredients:

Roasted Red Potatoes -

2 lbs red potatoes, quartered 2 1/2 Tbsp. avocado oil 1/2 tsp salt 1/4 tsp black pepper 1/4 tsp garlic powder 1/4 tsp dried thyme

Chicken Sausage -

1/2 lb ground chicken 1/4 cup apples, finely minced 1/4 tsp garlic or onion powder 1/4 tsp dried sage 1/4 tsp paprika 1/4 tsp salt
1/8 tsp black pepper 1/8 tsp crushed fennel 1 Tbsp. avocado oil

Quinoa Protein Eggs Muffins -

2 cups egg whites 5 eggs 1/3 cup skim milk 8 oz chicken sausage (above) 1 shallot, minced 3 cloves garlic, minced
2 Tbsp. olive oil, divided 1 cup broccoli, chopped 1 red bell pepper, diced 3/4 cup cooked quinoa 1/4 cup scallions, chopped 1/3 cup fresh basil, chopped
1/2 tsp salt 1/4 tsp black pepper

Directions:

1. First, roast the red potatoes. Start by preheating the oven to 425 degrees F. Toss the red potatoes with the oil on a rimmed baking sheet. Spread the potatoes in a single layer and season with salt, pepper, garlic powder, and dried thyme. Roast, stirring once halfway through cooking, until potatoes are golden brown and crisp on the outside, about 30 minutes.
2. While the potatoes are roasting, make the chicken sausage. First, combine the chicken, diced apple, garlic, spices in a mixing bowl and mix thoroughly with a large spoon or your hands. Form the mixture into 12 thin patties.
3. Heat a skillet to over medium heat. When the skillet is hot, add 1 Tbsp. oil. Add the patties to the pan and cook for approximately 3-4 minutes per side until browned and no longer pink in the center. Remove patties to a plate lined with a paper towel. Once cool, dice the chicken sausage into cubes or small rounds.
4. Next, make the quinoa protein egg muffins. Once the potatoes are done, preheat the oven to 350 degrees F. Spray a 24-cup muffin tin with baking spray or oil.
5. Heat a skillet with 1 tablespoon of oil. Add in the shallot, broccoli, and pepper. Cook until just softened. Add in the garlic and season to taste with salt and pepper. Cook until all vegetables are softened, yet slightly crunchy. Take the vegetables off the burner to let them cool slightly.
6. In a bowl, whisk together the egg whites, eggs, milk, salt, pepper, scallions, and basil until well incorporated. Stir in the cooked quinoa, vegetables, and chicken sausage.
7. Fill the muffin tins evenly with the mixture and bake the egg muffins for about 20 minutes, until they are puffed and cooked through.
8. Plate 2 egg muffins with about 3/4 cup roasted red potatoes. Enjoy!

Nutrition Information per Serving: 320 calories, 15g total fat, 2.7g saturated fat, 19g protein, 26.6g carbohydrate, 3.5g Fiber, 552mg sodium

