

Bison Cheddar Egg Muffins

8 muffins

Ingredients:

Olive-oil cooking spray
1 tablespoon olive oil
1/2 sweet onion, finely chopped
1/2 teaspoon kosher salt
1 Tablespoon minced garlic
1/2 pound ground bison (or other lean meat)
8 large eggs
2 cups broccoli, finely chopped
1 cup shredded cheddar cheese
1/4 cup sun-dried tomatoes, finely chopped
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon fennel seeds
1 teaspoon dried parsley
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper
1 tablespoon chives



Procedure:

1. Preheat the oven to 350 degrees. Spray a 12-cup muffin pan with cooking spray.
2. Sauté onion in 1/2 Tablespoon olive oil over medium heat until onion has browned and softened. (About 5 minutes.) Season with salt. Add garlic and cook for one more minute. Set aside in a large bowl.
4. Cook the bison mixture in 1/2 Tablespoon olive oil over medium heat until browned, breaking apart into pieces while cooking. Add to the onions.
5. Whisk the eggs in a medium bowl.
6. Add the eggs, broccoli, cheese, tomatoes, basil, oregano, fennel, parsley, salt, and pepper, to the onions and sausage and mix thoroughly.
7. Divide the mixture evenly among the muffin cups and top with chives.
8. Bake for 30 minutes or until a wooden pick inserted in the center of a muffin comes out clean.

Recipe was modified from original source: POPSUGAR, Wheat Belly Cookbook by William Davis

<http://www.popsugar.com/fitness/Gluten-Free-Turkey-Sausage-Egg-Muffin-30839677>