Spaghetti Squash Mini Egg Bakes

Ingredients
Butter or coconut oil, for greasing pan
1 spaghetti squash baked and prepared
2 tablespoons olive oil or coconut oil
1 lb chicken or turkey sausage
4 eggs

Optional Additions
4 c diced vegetables (Green onion, bell pepper, zucchini, or other)
Herbs and spices

Directions
1. Preheat oven to 350 degrees F. Grease two 12-cup muffin pans with butter or coconut oil
2. Divide the prepared spaghetti squash among the muffin cups and evenly press into the bottoms of each.
3. Heat a skillet over medium heat. Add about a tablespoon of olive oil or coconut oil, then add the chicken or turkey sausage. Cook sausage until brown. Divide the sausage evenly among the muffin cups.
4. If you would like to add vegetables and/or herbs, heat a 10-inch skillet over medium heat. Add about a tablespoon of olive oil, then add the diced vegetables and/or herbs; sauté for about 5 minutes to soften. Divide the vegetables evenly among the muffin cups.
5. Crack the eggs into a small mixing bowl; whisk together. Pour beaten eggs over the sausage and/or vegetables or directly into muffin cups if not using vegetables.
6. Bake for about 25 minutes. Use a knife to gently nudge them out of the muffin cups. Serve hot or store in a covered glass container for up to 5 days.

Yield: 24 mini egg bakes

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