



Paleo Sausage & Egg "Muffin"

directions

1. Working on a flat surface using cookie cutters or tuna cans for molds, brush inside of each mold with olive oil and press half the sausage down into each. Heat a few tablespoons of additional olive oil in a skillet over medium heat and add sausage filled molds to pan. Keep molds on for a perfectly round shape, or gently push sausage patty out into the skillet for a more free form.
2. Turn heat to medium low and cook until sausage is cooked throughout. If you kept the mold on, gently push cooked patties out of molds. Drain on paper towels. Loosely cover with foil to keep warm.
3. Whisk together two eggs, half the chopped spinach and half the seasoning.
4. Clean out molds and re-brush with olive oil. Drizzle skillet with additional olive oil and turn heat to medium. Place both molds in skillet and when oil is hot, gently divide whisked egg mixture between the two. When egg starts to set, carefully pour 1/4 cup water into skillet. Turn heat to low and cover the skillet cooking 3-5 minutes or until eggs are totally set. Using a spatula remove molds with eggs from skillet to drain on paper towels. Loosely cover with foil to keep warm. Repeat process for remaining two eggs, spinach and seasoning.
5. You will have two patties, and 4 egg "muffins" when finished. Take care when working with metal molds as they will get hot!
6. To assemble, place sausage patty between two spinach egg "muffins" and season with salt and pepper.

to serve

Serve with slices of tomatoes and avocado. Drizzle hot sauce if you like.



2 +

servings

15 min

prep time

15 min

cook time

ingredients

Olive oil

Swaggerty's Farm Sausage, 1/2 pound for two

4 large eggs

Salt and freshly ground black pepper

Handful of fresh spinach leaves, finely chopped

1 teaspoon dried Italian Seasoning

For Garnish: small grape or cherry tomatoes, avocado and hot sauce such as Sriracha

Pairs well with: Seasonal fruit, greens, avocados, tomatoes, hot sauce

Special Kitchen Tools: Two 3 1/2 to 4" round cookie/biscuit cutters or two tuna cans top and bottom removed, washed and dried