**Egg Bites** Chris Johnson, adapted from Jimmy Dean

Link to video: https://www.dropbox.com/s/m45rqat36or40rq/Triggers%20%26%20Egg%20Bites.mp4?dl=0

**Ingredients:**

* 1 cup fresh chopped mushrooms
* ½ cup chopped green pepper
* 10 eggs
* ¼ cup milk
* ¼ teaspoon ground black pepper
* Seasoning to taste
* 1 cup (4 ox) shredded cheddar cheese, Monterey Jack or your preference
* ½ cup slide green onions
* Garlic (optional)
* Buddig Ham packages (2)

**Directions:**

1. Preheat oven to 350°F. Cook sausage, mushrooms, onion & bell pepper (garlic optional) in large skillet over medium-high heat 8-10 mins or until sausage is thoroughly cooked. Stir frequently so sausage is fine & not chunky; drain.
2. Beat eggs, milk & black pepper in large bowl with wire whisk until well blended. Sir in sausage mixture and cheese. Line cupcake pans with 16 baking liners. Spoon mixture evenly into baking cups.
3. Bake 18-22 mins, or until toothpick inserted in center comes out clean. Let stand 5 min. before serving.

**Prep time:** 15 min.

**Bake time**: 22 min.

**Cook’s tips**: You can use parchment paper for cupcake liners, or what I like to do is use the thin Buddig Ham slices instead of parchment paper. You can eat them & no waste!

Also, you might try using smaller cupcake tins too. Makes more bites!