

TIM FARMER'S COUNTRY KITCHEN

TARYN'S EGG MUFFINS

1-2 tablespoons butter
1 1/2 cups spinach
1/3 onion, chopped
1/2 cup smoked sausage
5 eggs, beaten
1/3 cup plain yogurt
1/3 cup cottage cheese

Melt butter in skillet and cook until until soft. Stir in spinach and cook until wilted. Chop sausage into bite-sized pieces and brown with spinach and onions. In separate bowl, whisk eggs, yogurt and cottage cheese until smooth. Remove onions and spinach from heat and stir into egg mixture slowly. Pour into greased muffin tin and cook 350 degrees for 30 minutes.

