

Cheesy Hash Brown Cups

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Servings: 12

3 cups Simply Potatoes shredded hash browns

1/4 cup butter or margarine, melted

1/4 teaspoon salt

1/2 pound ground Italian sausage

1/2 cup mushrooms, finely chopped

1/4 cup red bell pepper, finely chopped

2 cups (16 ounces) Allwhites egg substitute

1/2 teaspoon dried Italian seasoning

1/2 cup cheddar cheese, finely shredded

Preparation Time: 25 minutes

Preheat the oven to 400 degrees.

Grease a twelve-cup regular muffin cup pan and set aside.

In a medium bowl, combine the potatoes, butter and salt; mix well. Press about 1/4 cup of the potato mixture into each muffin cup, lining the bottom and the sides.

bake for 12 to 15 minutes or until the edges are golden brown.

Meanwhile, brown the Italian sausage in a ten-inch skillet; drain the grease. Add the mushrooms and red bell pepper. Cook, stirring occasionally, until the vegetables are tender. Fill each baked hash brown cup equally with the sausage mixture.

In a small bowl, combine the eggwhitea and the Italian seasoning; mix well. Pour over the sausage mixture, filling each muffin cup equally. Sprinkle with cheese.

Bake for 12 to 14 minutes or until a toothpick inserted in the center of a cup comes out clean.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 55 Calories; 5g Fat (87.6% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 113mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat.

Appetizers

