Fall Harvest Egg Cups

With homemade pork breakfast sausage, roasted fall vegetables, and fresh tomato salsa.







From Chef Rich's Kitchen

Breakfast can be simple and full of flavor. These individual egg cups bring sausage, vegetables, and fresh herbs into every bite, with a spoonful of salsa to brighten the plate.

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Fall Harvest Egg Cups

Savory homemade sausage, roasted fall vegetables, and fresh herbs come together in golden egg cups. Serve them warm with fresh tomato salsa for a colorful breakfast or brunch. Prepare the sausage and vegetables first using the recipes that follow.

PAN 12-cup muffin tin	OVEN 350°F	BAKE 18–22 min	REST 3–5 min

Ingredients

10–12 large eggs

½ cup milk

½ tsp 1PL8 Herb Salt™

¼ tsp black pepper

1 cup cooked pork sausage

1½ cups roasted vegetables

2 tbsp chopped fresh parsley

2 tbsp chopped fresh chives

Optional: ½ cup shredded sharp cheddar or Parmesan

Directions

01 Heat the oven to 350°F. Generously coat a 12-cup muffin pan with cooking spray.

02 Divide the cooked sausage and roasted vegetables among the cups.

03 Whisk the eggs, milk, Herb Salt, black pepper, parsley, and chives until evenly blended.

04 Pour the egg mixture over the fillings, keeping each cup about ¾ full. Top with the cheese, if using.

05 Bake for approximately 18–22 minutes, until the centers are set. Check periodically; timing varies with your oven and pan.

06 Let the egg cups rest for 3–5 minutes before loosening the edges and removing them. Serve with the fresh tomato salsa.

Chef Rich's Tip

The eggs puff as they bake, so leave room at the top. Yield varies with pan size and filling volume; bake any extra mixture in a second batch.

Contains eggs and milk. Check ingredient labels for additional allergens.

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Homemade Pork Breakfast Sausage

Make breakfast sausage yourself with ground pork, fragrant herbs, and just a touch of maple syrup. A small test patty lets you get the seasoning right before cooking the whole batch.

BASE 1 lb pork	METHOD Skillet	TEXTURE Crumbles	SEASON Taste first

Ingredients

1 lb ground pork

1 tsp rubbed sage

½ tsp dried thyme

½ tsp fennel seed, lightly crushed

½ tsp smoked paprika

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp black pepper

½ tsp 1PL8 Herb Salt™

¼ tsp crushed red pepper, optional

1 tsp maple syrup

Directions

01 Place the pork, herbs, spices, Herb Salt, optional crushed red pepper, and maple syrup in a bowl. Mix gently until just combined; avoid overworking the meat.

02 Shape a small test patty and cook it fully in a skillet, to 160°F in the center. Taste the cooked patty, then adjust the seasoning in the remaining mixture.

03 Add the remaining sausage mixture to the skillet. Cook, breaking it into small crumbles, until browned and cooked through to 160°F.

04 Measure 1 cup of cooked sausage for the egg cups. Save the remaining sausage for another meal.

Chef Rich's Tip

"Don't guess with sausage. Cook a little piece, taste it, and then adjust. That's how professional kitchens do it."

Cooking temperature reference: FDA Safe Food Handling • www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling

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Roasted Fall Vegetable Mix

Roasting brings out the sweetness of fall vegetables. Add the kale near the end, then finish with lemon juice for a bright, fresh flavor.

OVEN 425°F	ROAST 18–22 min	KALE Last 3–5 min	FINISH Lemon

Ingredients

1 medium sweet potato, small dice

1 cup Brussels sprouts, quartered

1 red bell pepper, diced

½ red onion, diced

2 cups chopped kale

1½ tbsp olive oil

½ tsp smoked paprika

¼ tsp garlic powder

½ tsp 1PL8 Herb Salt™

Black pepper

1 tsp fresh lemon juice

Directions

01 Heat the oven to 425°F. Place the diced sweet potato, quartered Brussels sprouts, bell pepper, and onion on a baking sheet.

02 Add the olive oil, smoked paprika, garlic powder, Herb Salt, and black pepper. Toss to coat and spread in an even layer. Use a second sheet if the vegetables are crowded.

03 Roast for about 18–22 minutes, adding the kale during the final 3–5 minutes. The vegetables should be tender and lightly browned, and the kale wilted with crisp edges. Allow extra time if needed.

04 Finish with the lemon juice. Measure 1½ cups of roasted vegetables for the egg cups and serve or save the rest.

Chef Rich's Tip

Cut the sweet potato into small, even pieces so it cooks alongside the other vegetables. Let the vegetables cool slightly before adding them to the eggs.

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Fresh Tomato Salsa

Fresh tomatoes, lime, and cilantro add a bright finish to the savory egg cups. Mix this salsa while they bake so the flavors have time to come together.

BASE 2 cups tomato	METHOD No cook	CITRUS Fresh lime	REST While cups bake

Ingredients

2 cups diced tomatoes

¼ cup finely diced red onion

2 tbsp chopped cilantro

½ small jalapeño, minced

1 tbsp fresh lime juice

¼ tsp cumin

¼ tsp 1PL8 Herb Salt™

Black pepper

Directions

01 Combine the tomatoes, red onion, cilantro, jalapeño, lime juice, cumin, Herb Salt, and black pepper in a bowl.

02 Stir gently and let stand while the egg cups bake.

03 Taste, adjust the seasoning if needed, and spoon over the warm egg cups just before serving.

Chef Rich's Tip

For less heat, remove the jalapeño seeds and inner ribs before mincing. Add a little at a time until the salsa suits your taste.

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