

Homemade Breakfast Sandwiches

Makes 4

4 English muffins

4 eggs

8 ounces breakfast sausage

4 slices cheese (I used American but cheddar or pepper jack would be great, too)



Cut the sausage into 1/2 inch slices and press down into wider patties. Cook for about 10-15 minutes on medium heat, flipping halfway through, until cooked through. Remove to a paper towel to drain. If you want your muffins toasted, toast them.

Crack one egg into a small bowl and scramble together with some salt and pepper. Heat a small skillet over medium heat and spray with cooking spray. Pour the mixed egg into the skillet and cook for one minute without stirring. Flip it over and cook for another 30 seconds. Fold the egg into quarters and place on the English muffin. Place the sausage patty on top and add a slice of cheese. Top with the other half of the English muffin. Serve.

To eat later, reheat in the microwave for 45-60 seconds or in the toaster oven for about 5 minutes until warm and the cheese has melted. If you want to freeze them, place them in separate bags in the freezer and let thaw in the fridge overnight before warming.

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