

Perfect Breakfast Sandwich

Ingredients:

- 12 eggs
- ¼ cup milk
- ¼ tsp dry mustard
- ½ tsp salt
- ¼ tsp pepper
- 6-8 English Muffins or Bagel Thins
- 6-8 slices of cheese (American, provolone, cheddar, et al)
- 6-8 pieces of frozen sausage patties (precooked)
- 6-8 pieces of foil

Directions:

- Preheat the oven to 350°F. Line a 9x13 baking sheet with parchment paper (You can use a 9x13 baking dish too).
- Mix together the eggs, milk, dry mustard, salt and pepper. Pour into the prepared pan.
- Bake at 350 for 15-20 minutes or until eggs are just firm but not dried out.
- Slide eggs off the pan using the parchment and allow to cool completely on a cooling rack.
- IMPORTANT: Allow eggs to cool completely.
- Toast your english muffins to your designed toastiness then allow to cool. Do not toast the bagel thins.
- Cut the cooled eggs with a ring mold (or wide mouth jar ring) for the perfect size– or just cut into squares that fit the size of your bread.
- Assemble sandwiches by placing one slice of cheese, sausage, and eggs between the two halves of your muffin (bagel).
- Wrap tightly in foil and store in a freezer bag in your freezer.

To Cook:

Method 1 - Allow frozen sandwiches to defrost in the refrigerator overnight. Unwrap and place on a microwave safe plate. **Cook on defrost for 90 seconds**, or until your desired sandwich temperature is reached.

Method 2 - Unwrap frozen sandwich and place on a microwave safe plate. **Cook on defrost for 5-6 minutes** (turning once or twice during the cooking time).

Method 2 - Unwrap frozen sandwich and place on a microwave safe plate. **Cook on defrost for 90 seconds**. Turn the sandwich over and **cook for 30-60 seconds on high power**. Repeat until desired temperature is reached.