



Breakfast Sandwich

Ingredients

- 1 English Muffin - I use Rudi's Spelt English Muffins
- 2 T Roasted Red Pepper Spread
- 1 Slice Swiss Cheese
- 2-3 Basil Leaves, chiffonade
- 1 Piece of Ham, lunch meat
- 1 Egg

Instructions

- 1 Cut the english muffin in half and spread each side with the Roasted Red Pepper Sauce.
- 1 Using a toaster oven, toast the english muffin pieces
- 1 While the muffin is toasting, cut the cheese slice in half and fold each half in half. Do the same with the ham. Coat the bottom of a 2 cup round Pyrex bowl with melted butter or olive oil. Scramble the egg with a dash of salt and pour it into the Pyrex.
- 1 When the english muffins have been toasted once, add the cheese and ham slices and toast again.
- 1 While the muffins are toasting for the 2nd time, cook the egg in the microwave on high for 1 minute. You want to be sure the egg is good and cooked so it doesn't run all over the place when you bite into the sandwich.
- 1 When the muffin has finished toasting and the egg is cooked assemble your sandwich and sprinkle the basil on the egg.
- 1 Let stand for 1-2 minutes to cool. Devour!

Notes

These can also be made in bulk ahead of time and refrigerated for up to 1 week. Simply make and assemble and allow to cool. Then wrap in aluminum foil and refrigerate. If you really want to go crazy you can make in bulk and freeze them. Just allow to cool thoroughly, wrap in butcher paper, then in aluminum foil and place in large zip top freezer bags. Freeze for up to 6 months.