

Haggen
— KIDS —
Cooking
CLUB



SERVES: 4

PREP TIME: 10 MIN

COOK TIME: 15 MIN

SKILL LEVEL:



REQUIRES USE OF:



BREAKFAST SANDWICH
WITH SAUSAGE AND AVOCADO

INGREDIENTS:

4 eggs
4 English muffins
1/2 pound ground breakfast sausage
avocado, sliced
arugula
butter, optional
cheese, sliced (optional)
1 tablespoon canola or vegetable oil
salt and pepper



ITEMS TO GATHER:

apron
large pan
toaster
plate
medium bowl
paper towels
tongs or flipping spatula



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Line a plate with paper towels. Set aside.

Remove ground sausage from packaging and separate into four equal balls. Form each ball into a disc—similar to a hamburger patty.

Use a butter knife to cut avocado in 1/2, lengthwise. Twist the halves in opposite direction until separated. Use a spoon to scoop out the pit and discard. Using a butter knife, carefully make 4-5 lengthwise slices into the meat of the avocado. Remove sliced avocado using a spoon.

Crack 4 eggs into the bowl and add a pinch of salt and pepper. Set aside.

In a large pan, heat oil over medium high heat until hot. Place the sausage patties in the pan and cook until the bottom develops a nice golden-brown crust, about 4 minutes. Using a spatula or tongs, flip the patties and cook another 4 minutes, or until the sausage is thoroughly cooked. Remove from pan and set aside.

If necessary, add a teaspoon of oil to pan and heat on medium-high heat until oil is hot (oil should be hot but not smoking). Working quickly, pour the eggs into the pan, cover pan and cook for 1 minute. Turn off heat and slide the pan to a cool burner. Let eggs sit, covered, for about 1 minute for slightly runny yolks or about 2 minutes for set yolks.

Toast and butter each English muffin.

Place sausage patty on bottom half of each muffin. Layer with sliced avocado, cooked egg, cheese (optional) and arugula. Add top half of English muffin.

Serve warm.

ENJOY!

MY RECIPE NOTES: