

Champion Fuel Breakfast Sandwiches

INGREDIENTS

**makes 10 sandwiches*

- 20 Eggland's Best eggs
- 1 cup cottage cheese
- 1 cup chopped bell peppers
- 1 cup fresh spinach, chopped
- ½ cup diced onion
- 1 tsp salt
- ½ tsp black pepper

Sandwich Assembly

- 10 whole-grain English muffins
- 10 store-bought chicken sausage or turkey sausage patties
- 10 slices cheese (cheddar, provolone, or Swiss)
- Olive oil spray

DIRECTIONS

1. Preheat oven to 350°F. Spray a 9×13-inch baking dish with olive oil spray.
2. In a large bowl (or blender), whisk or blend the eggs and cottage cheese until smooth. Stir in bell peppers, spinach, onion, salt, and pepper.
3. Pour egg mixture into prepared dish and bake 25–30 minutes, until just set in the center.
4. Cook sausage according to package directions.
5. Cut baked eggs into 10 equal squares. Slice English muffins and layer: muffin → egg square → sausage → cheese → top muffin.
6. Serve or store for later.

