



ME Recipe: Breakfast Sandwiches

Ingredients:

- 1 lb sausage of choice
- 1 Dozen Eggs
- Chopped veggies of choice (onion, pepper, spinach, zucchini, etc)
- Food wrap of choice (Ole High Fiber has ME Label #0 but not a gluten free wrap)
- Shredded Cheese optional

Directions:

Sauté vegetables in skillet, then add sausage to fry. While sausage is frying, beat dozen eggs in a bowl, then add to skillet and scramble contents.

As contents are scrambled, ready individual wraps. Place approximately ½ cup scoop of scrambled items in center of wrap, sprinkle with shredded cheese if desired.



Fold wrap over scrambled items forming a roughly squared sandwich. Place in George Foreman Grill or skillet to brown the wrap. Refrigerate and then microwave 30-60 seconds to eat.

