

Fried Egg Sandwich with Arugula

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 5-8 minutes

Serves: 4

CChints: This is a different take on the traditional fried egg sandwich by changing the bread and addition baby arugula you can take a ordinary breakfast to extraordinary. You can make it as a sandwich or as a Slabwich, which only has a piece of bread on the bottom. For those who might need a lower cholesterol version, substitute and whole egg with 2 egg whites. When you use a nonstick skillet you want to be sure you are using teflon or silicone utensils so you don't scratch the nonstick coating.



4 pre-sliced Sandwich Thins, multi-grain
1/4 cup reduced fat mayonnaise
6 ounces reduced fat turkey sausage
1 Tablespoon olive oil
4 whole eggs or more those who just want egg whites
Dash of salt and pepper
2 cups baby arugula
2 teaspoons olive oil
Optional: Serve with fruit

Open each of the sandwich breads on a work service area. Spread the inside of each piece with a much or a little of the mayonnaise and you want.

Heat a nonstick skillet over medium heat and add the sausage. Breaking it up as you cook it as you would to brown hamburger meat. Stir occasionally and break it up as you go. Cook for 3-4 minutes until it is done. Transfer to a few layers of paper towels.

Reduce the heat slightly and add the oil to the pan. When it is hot add the eggs one at a time. Quickly sprinkle the sausage over all the eggs. This will trap the sausage in the eggs while they cook and hold them in place. Using this method will allow you to bite into the sandwich and not have the sausage falling out it. Cook the eggs the way you want; sunny side up, or flip them over and cook on both sides. This should take 2-3 minutes.

Remove them from the pan and place each one directly on the bottom piece of each bun. Top each with 1/2 cup of the baby arugula and sprinkle lightly with the oil. Apply the top bun and you can enjoy it whole or cut them in half.

Serve with fruit and enjoy.