



MAKE-AHEAD BREAKFAST SANDWICH

SERVINGS: 6 | PREP TIME: | COOK TIME:

- Cook bacon for 20 minutes in a 400 degree F oven, or in the microwave if you purchased fully cooked bacon.
- Preheat oven to 350 degrees F.
- Open English muffins and set on sheet pan with interior facing up. Spread a little softened butter on the insides. Toast in the oven for 5-10 minutes, until golden brown.
- While muffins toast, scramble eggs with milk, salt and pepper. Gently cook over medium-low heat until eggs are set but still moist. Do not overcook.
- Assemble sandwiches, topping with approximately one egg, one cheese slice and 1 slice of bacon each.
- If eating immediately, warm in oven for about 3-5 minutes or microwave for 30 seconds, until cheese is melted.
- **FREEZER MEAL INSTRUCTIONS:**

To freeze: Follow directions through step 5. Then wrap each sandwich in foil and place in a gallon-sized freezer bag and freeze.

To prepare: There are three options for thawing and warming these sandwiches:

Option 1 (preferred method): Thaw in refrigerator for 24 hours. Remove foil and wrap in a moist paper towel. Microwave in 30-second intervals, until warmed through (about 1-2 minutes).

Option 2: From frozen, remove foil and wrap frozen sandwich in a moist paper towel. Microwave for 1 minute and then in 30-second intervals, until warmed through.

Option 3: From frozen, place sandwiches (still wrapped in foil) in 350 degree F oven for about 30 minutes or until warmed through.

6 English muffins (preferably whole wheat)

3 TBSP. butter, softened

6 large eggs

¼ cup milk

¼ tsp. salt

¼ tsp. pepper

6 slices cheddar cheese

6 slices bacon, fully cooked