

The image shows two breakfast sandwiches on English muffins, stacked on a wooden surface. The sandwiches are filled with avocado, tomato, ham, and a fried egg. A white banner with red text is overlaid in the center. The background is a wooden surface with a woven placemat.

OHIORED™ BREAKFAST SANDWICH

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Prep time: 10 Minutes
Cook time: 4 Minutes
Servings: 4 People

INGREDIENTS:

1 OhioRed™ Beefsteak Tomato
4 wholegrain English muffins, toasted
8 slices of smoked ham
4 eggs
1 avocado
1 lime
2 tbsp. sour cream
2 tbsp. of vegetable oil
Salt & Pepper to taste

DIRECTIONS:

Heat a nonstick pan on medium-high heat. Add 2 tbsp. of oil. Fry the eggs to your liking and set aside.

Clean, cut, and mash the avocado. Add lime juice and sour cream to the mashed avocado. Season with salt and pepper.

Toast the English muffins and stack the ham, egg, avocado, and tomato to complete the sandwich.

CHEF'S TIP:

Looking for a different flavor? Try substituting the avocado for pesto!