

# OhioRed™ BREAKFAST SANDWICH

Switch up your everyday morning meal with our Vegetable Breakfast Sandwich! Enjoy the unique flavor of a thick sliced OhioRed™ Beefsteak paired with a sizzling egg, breakfast is back!



Nutrition Facts	
Serving Size (238g) Servings Per Container	
Amount Per Serving	
<b>Calories 380</b>	Calories from Fat 190
% Daily Value*	
<b>Total Fat 22g</b>	<b>34%</b>
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol 195mg</b>	<b>65%</b>
<b>Sodium 540mg</b>	<b>23%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 7g	28%
Sugars 4g	
<b>Protein 17g</b>	
Vitamin A 15% • Vitamin C 25%	
Calcium 10% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 10 Minutes  
**Cook time:** 4 Minutes  
**Serves:** 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!

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