



TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

The Commuter Sandwich

Recipe adapted from La Grande Orange

Makes 1 serving

- 1 La Grande Orange English muffin, split in half and toasted
- 1 tablespoon unsalted butter
- 2 large eggs, cracked and beaten
- Salt and freshly ground pepper
- 1 tablespoon mayonnaise
- 4 slices crisp bacon (or sliced ham or smoked salmon)
- 2 slices tomato
- 4 to 5 slices avocado

1. *Use a fork to split the muffin, and toast it until golden-brown and crunchy on the inside.*
2. *Melt the butter in a small skillet. Add the eggs and season with salt and pepper. Cook the eggs like an omelet by folding the outside edges into the center until set (do not scramble), then flip in the pan and cook for 1 more minute.*
3. *Spread the mayonnaise on the inside of each muffin half. Place the bacon on one half, and top with the tomato and avocado. Place the cooked eggs on the other half, and assemble the sandwich. Cut in half and serve.*