



Heidi & Joe

Entree #20

Egg & Cheese Sandwich with Cinnamon Twists

Nuwave
INFRARED OVEN

www.nuwaveoven.com

Prep Time: 10 min
Rack Height: 4 inch
Power Level: HI
Cook Time: 11 min

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Serves: 2

Questions: 1-888-689-2831

Ingredients:

2 eggs
salt & pepper
2 English muffins, split
2 slices Canadian bacon
2 slices American cheese

Cinnamon Twists:

1 package refrigerated breadsticks
1/2 cup butter (melted)
1 cup sugar
2 teaspoons cinnamon

Cooking Instructions:

1. Spray two large custard cups with oil. Crack one egg into each cup. Gently break yolk. Add a pinch of salt & pepper.
2. Place the 4 English muffin halves on the liner pan. Place the eggs on the 4 inch rack, and cook on power level HI for 7 minutes.
3. Place the slices of Canadian bacon on the 4 inch rack next to the eggs. Place the slices of cheese on top of the muffins, and cook on power level HI for an additional 2 minutes.
4. Assemble sandwiches together and enjoy.

Prepare Cinnamon Twists:

1. Mix sugar and cinnamon in a medium bowl. Set aside.
2. Pour melted butter into a shallow dish. Immerse breadsticks one at a time. Roll in the sugar and cinnamon mixture to cover lightly.
3. Hold breadstick by each end and twist. Set on 4 inch rack and bake on power level HI for 11 minutes.

Options & Cooking Tips:

- To melt butter in the Nu-Wave Oven, place butter in a dish on the 1 inch rack, and cook on power level 8 for about 2 minutes until the butter has fully melted.
- Variation: Brush a beaten egg on each breadstick, and sprinkle with sesame seeds, poppy seeds, or grated cheese.
- Enjoy the perfect cup of coffee fresh roasted in the i-Roast home coffee roaster. To learn more, go to www.i-roast.com.

Suggested Coffees: Fresh roasted Central American or Ethiopian coffee