

Frittata Sandwich with Mushroom, Sausage, and Tomato

Ingredients:

6	Phil's Fresh DHA Omega-3 Eggs
½ lb	Sausage
¼ lb	Wild Mushrooms
½ pint	Cherry tomatoes
2 tbsp	Unsalted butter
8 slices	Seeded bread, toasted
Salt and pepper to taste	

Directions:

1. Preheat oven to 325F
2. Heat nonstick skillet over medium heat. Cook the sausage until browned and remove from pan, leaving the rendered fat
3. Add the chopped mushrooms and saute until golden brown, stirring as needed to evenly cook
4. Return sausage to pan and toss in cherry tomatoes and butter. Whisk eggs, season with salt and pepper and add to pan
5. Using a rubber spatula, gently stir the eggs as they begin to cook, scraping the bottom of the pan and distributing the ingredients evenly. Place skillet in the oven and bake until set, about 10 minutes.
6. Slice into squares the same size as the bread and place between two slices. Cut down the center and serve.