

Egg-sage “Omelet”

Ingredients

- Tablespoon of butter
- 3 or 4 eggs
- 3 or 4 Sage breakfast sausage links, sliced
- Shredded cheese (as desired)
- Salt & pepper
- Chopped fresh parsley

Method

Place butter in medium skillet. Add eggs to pan. (Eggs may be beaten first or left whole, as desired.) Sprinkle sausage and cheese on to eggs. Sprinkle lightly with salt, pepper and parsley. Cover and cook just until eggs are set. It should look like an omelet.