

BREAKFAST LETTUCE WRAPS



SERVING SIZE

4



INGREDIENTS

ITEM

Breakfast Sausage

Large Eggs

Egg Yolk

Green Onions, Thinly Sliced

Diced Sun-dried Tomatoes Packed
in Oil, Diced

QUANTITY

4 Oz.

4

1

3

½ Cup

ITEM

Head of Butter Lettuce

Salt and Pepper

QUANTITY

1

To Taste



PREPARATION

- In a skillet over medium heat, cook the breakfast sausage, breaking it up into crumbles as it cooks.
- Cook until the sausage is browned and cooked through about 5-7 minutes. Drain any excess fat if necessary, and set the sausage aside.
- In a small bowl, whisk together the 4 large eggs and 1 egg yolk. Season with a pinch of salt and pepper.
- Stir in the thinly sliced green onions and diced sun-dried tomatoes.
- Pour the egg mixture into the skillet and scramble over medium heat, stirring constantly, until the eggs are cooked through but still soft and fluffy, about 3-4 minutes.
- Lay out the butter lettuce leaves on serving plates.
- Spoon a portion of the scrambled eggs into each lettuce leaf, followed by a scoop of the cooked breakfast sausage.
- Season each wrap with additional salt and pepper to taste, if needed.
- Serve and Enjoy!