



Recipes

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Stuffed Wafflewich

Prep Time: 8 Minutes

Cooking Time: 12 Minutes

Serves 12

Ingredients:

12 each 12" Garlic Herb Wraps (10252)
60 each Egg Whites , large , beaten
3/4 cup Milk , whole
Salt and Pepper , as needed
Non-Stick Cooking Spray , as needed
24 oz. Vermont Maple Sausage Breakfast Links , finger
pinched , cooked
16 oz. Asiago Cheese , shredded
1 1/2 cups Julienned Bell Peppers , sautéed
3/4 cup Chopped Green Onion

Directions:

1. Preheat waffle iron to medium-high heat.
2. To make 1 egg white omelet; beat 5 egg whites with 1 tablespoon milk and salt and pepper as desired. Coat non-stick 10" sauté pan with non-stick spray over medium-low heat, cook egg whites, no stirring, until no longer translucent.
3. To make 1 wafflewich; Place an egg white omelet on top of garlic herb wrap, top with 1 1/2 ounces cheese, 1 3/4 ounce of sausage crumbles, strips of bell pepper and 2 tablespoons green onion. Fold to close.
4. Place in waffle iron, coated with non-stick spray, press to close, and cook for 4 minutes or golden waffle marked. Cut in half and serve warm.