



The World's Greatest Yummiest Omelet

By: Jodi Kam

About this book

This is my homemade recipe for making a sausage omelet on english muffin. This book contains the steps and ingredients needed to produce this produce. You may add or change anything to your likings. Enjoy!



The MAJOR ingredients needed to make this MASTERPIECE!!!



Sliced
Jalapeno
Muenster
CHEESE



INGREDIENTS: Muenster Cheese
(Pasteurized Milk, Culture, Salt, Enzymes),
Jalapeno, and Sweet Red Peppers.

36-40 SLICE COUNT
Net Wt. 2 lbs. (907 g)



ITEM #33438



FINLANDIA CHEESE • PARSIPPANY, NJ 07054
KEEP REFRIGERATED

Nutrition Facts
Serving Size: 1 slice (1 oz)
Servings Per Container: 18

Amount Per Serving	
Calories 110	Calories from Fat 100
Total Fat 9g	
Saturated Fat 6g	
Trans Fat 0g	
Cholesterol 25mg	
Sodium 180mg	
Total Carbohydrate 0g	
Dietary Fiber 0g	
Sugars 0g	
Protein 7g	
Vitamin A 6% • Vitamin D 20%	
Calcium 20% • Iron 0%	
*Percent Daily Values are based on a diet of other people's secrets. Your daily values may vary depending on your calorie intake.	
Total Fat	Less Than 10g
Sat. Fat	Less Than 6g
Cholesterol	Less Than 30mg
Sodium	Less Than 180mg
Total Carbohydrate	Less Than 1g
Dietary Fiber	Less Than 0g
Calories per gram: Fat 9 • Carbohydrate 4	



I prefer to add these ingredients... BUT don't need if no like!



For the healthy critics out there, Pam is a good alternative to oil, but either way the results will be ono!



Cut the sausages into bit sizes and place them in the pan. When sausage looks pau, place cheese or any ingredients you like on top of them.





You can either scramble the eggs inside the pan or in a bowl. The results to remain the same.



Cut or rip the english muffin and place it into the pan. When it turns brown then flip over onto the other side. Both sides should look golden brown when taken off of the stove.



ALWAYS REMEMBER TO TURN OFF THE STOVE!!!





The last touches...



FINALLY... TIME TO EAT!!







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