



BREAKFAST RECIPES

Lenny's Omelette

4 eggs
cooking spray oil
2 oz. Monterrey jack cheese
1 link cooked Hungarian sausage, sliced and quartered
3 T. Herbert's Original or Hot Chow-Chow, drained (Lenny likes it Hot)
salt and pepper to taste

Put eggs into a bowl and mix well. Heat a skillet to medium low heat and coat with cooking spray oil. Pour in beaten eggs and let cook until the egg starts to stiffen on top. Add cheese, followed by sausage, and finally the chow-chow. Fold over and cook until cheese melts. Add salt and pepper to taste.

Frittata Chow-Chow

8 eggs, beaten
1/2 c. havarti cheese
1/2 tsp. coarse black pepper
1/2 tsp. sea salt
1/2 c. Herbert's Original or Hot Chow-Chow, drained
2 T. butter
1/2 c. chorizo sausage
1 T. fresh parsley

Heat oven broiler. In medium bowl, combine eggs, chow-chow, cheese, salt, and black pepper. Heat a large oven-safe non-stick skillet to medium heat. Melt butter and add sausage, pinching it into small pieces. Cook for five minutes. Add egg mixture from bowl and cook for about five minutes more, until egg is set on bottom and has begun to firm on top.

Place pan under broiler on high for five minutes or until golden brown. Remove from oven and gently slide out of pan. Garnish with parsley and cut into 8 wedges.

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