

BREAKFAST PANINI WITH GEORGIA PECANS

INGREDIENTS:

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| 1 teaspoon butter, plus more for bread | 4 large eggs, well beaten |
| 3 green onions, chopped | 8 thick slices Italian bread |
| 4 fully-cooked breakfast sausages (thawed if frozen), chopped | 4 ounces yellow cheddar cheese, thinly sliced |
| 1/2 cup chopped Georgia pecans | |

DIRECTIONS:

In non-stick skillet, melt butter over medium heat. Add the onions, sausages, and pecans; sauté until onions are just softened—about 3 minutes. Add eggs and cook, stirring constantly, until eggs are firm but not dry. Transfer sausage mixture to plate. Heat a panini maker or a grill pan over medium-high heat. To make four panini, divide sausage mixture into 4 portions. Mound each portion on one slice of bread. Top each with one ounce of cheddar, then a slice of the remaining bread. Very lightly butter the outside of each panini. Cook in batches in panini maker until both sides of each panini are golden; serve promptly. Or, if using a grill pan or skillet, cook two panini at a time, placing a heavy skillet or heat-proof dish on top to weight down panini as they cook. When golden on bottom, turn panini over and grill other side until golden; serve warm.

Nutrition information per panini

(using a total of 2 tablespoons butter for all four servings) – calories: 544; protein: 26g; carbs: 35g; saturated fat: 12g; monounsaturated: 14g; polyunsaturated fat: 5g; cholesterol: 273 mg; fiber: 3g; sodium: 811 mg.

Recipes/images Courtesy of the Georgia Pecan Commission