



Sausage Filled Onion Rings

directions

1. Preheat oven to 350 degrees.
2. Lay onion rings out on a baking sheet covered with parchment paper. Look for the largest ones in the bag.
3. Fill each onion ring with Swaggerty's sausage, pressing out to the edges of each one. Spread the remaining onion rings in the bag out on another sheet pan.
4. Bake onion rings filled with sausage for about 15 minutes or until sausage is cooked throughout and onion rings are crisp and browned. Bake 2nd sheet of just onion rings until crisp and brown as well.
5. While onion rings are baking quickly sauce vegetables in a skillet with olive oil. Sprinkle with Italian Seasoning, salt and black pepper. Set aside.
6. Cook eggs to your liking. Over easy, sunny-side up or scrambled.

to serve

Lay two sausage-filled onion rings on each plate and top with an egg. Dollop egg with some of the Pesto. Add vegetables to the side along with the remaining baked onion rings for a delicious breakfast-for-dinner meal.



4

servings

15 min

prep time

15 min

cook time

ingredients

1/2 to 1 pound bulk Swaggerty's Farm Sausage
8 large frozen onion rings (we used Alexi but any brand will work) + extra for serving a few tablespoons butter or oil for cooking eggs
4 large eggs
A variety of fresh vegetables - red bell pepper, green beans, zucchini squash grape tomatoes or whatever you have on hand all cut into bite-size pieces
2 tablespoons olive oil
1 teaspoon Italian Seasoning
Kosher salt and freshly ground black pepper
Jarred Pesto - optional

Pairs well with: Crusty bread, seasonal fruit

Special Kitchen Tools: N/A