

Vegan Breakfast Sammie

Vegan, cholesterol-free, gluten-free (optional)

Recipe by Jentry Lee Hull

Prep time: 5 minutes

Cook time: 5 minutes

Total time: 10 minutes

Yields 1 serving

INGREDIENTS

- 1 folded [Just Egg](#) patty
- 1 slice [Miyoko's Creamery pepper jack cheese](#)
- Generous handful of curly green kale, or other dark leafy greens
- 2 slices [Dave's Killer Bread](#), or other organic whole grain, sourdough, or GF bread
- 1 Tbsp [Miyoko's Creamery plain cream cheese](#)
- 1/2 ripe avocado
- Salt and pepper, to taste
- [Siete Foods hot sauce](#)

METHOD

- Cook Folded Just Egg patty according to package directions. I used a skillet over medium heat. Brown until patty is thoroughly cooked, for about 5 minutes, flipping halfway through.
- Place slice of pepper jack cheese on top of just egg patty, once patty is cooked. Toss curly green kale (or other greens) into pan. Cover pan with lid, reduce heat to low and let cheese melt and kale wilt, for about 2-3 min.
- Meanwhile, toast bread. Spread cream cheese onto each slice, top with avocado, mash with a fork and season with salt, pepper, and drizzle of hot sauce.

- Pile one piece of avocado + cream cheese toast high with greens, just egg patty + melted cheese, more greens and another avocado + cream cheese toast. Cut in half and enjoy.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 543	
% Daily Value *	
Total Fat 28 g	42%
Saturated Fat 7 g	33%
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 1431 mg	60%
Potassium 728 mg	21%
Total Carbohydrate 50 g	17%
Dietary Fiber 17 g	68%
Sugars 7 g	
Protein 28 g	57%
Vitamin A	4%
Vitamin C	29%
Calcium	133%
Iron	20%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	