

Fried Bologna Sandwich

Prep Time: 5 minutes

Servings: 1

Cook Time: 7 minutes

Difficulty: Easy

**Note: Serving size is adaptable. Up the ingredients depending on how many peeps you have over.*

Ingredients:

1 soft mini pretzel bun; halved and toasted
4-5 slices of bologna; medium-thickness; cut into circles
1 thick slice roma tomato
1 whole egg
Salt and pepper

1 T. Dijon mustard
1 ½ t. maple syrup

Cooking Instructions:

In a small frying pan, heat 1 T. vegetable oil over medium-high heat. Add the bologna slices to fry, flipping over to brown on both sides. Set aside. Add the tomato slice to the pan and brown on both sides slightly; about 30 seconds. Set aside. Season with salt and pepper.

Fry the egg in the same pan until golden and cooked all the way through. Season with salt and pepper. Cut the egg into a circle (with a biscuit or cookie cutter). Set aside.

In a small bowl, combine the Dijon mustard and maple syrup to make the sauce for the sandwich.

Assemble the sandwich by spreading a generous amount of maple-mustard sauce on the bottom of the bun. Add the tomato, then the slices of fried bologna, and then finally with the fried egg. Top with the other side of the bun. Enjoy!

