

Pepper and Egg Sandwiches

Great for a quick lunch while working in the garden. To prepare in advance, cut into portions and store in fridge. When ready eat, warm in microwave and layer on sour dough bread with a bed of arugula. Serves 6

2 T Olive oil

4 'Melrose' Peppers, seeded and cut into strips

1 clove garlic, sliced

Fresh Italian oregano

Salt and pepper to taste

1 Brandywine Tomato, peeled, seeded, and chopped

2 large eggs, beaten

'Dragon's Fire' Arugula

Sourdough bread

In a large cast iron skillet fry the pepper strips, smooth side down, in hot oil until light brown. Turn and fry second side until brown.

Add in sliced garlic.

Cover and steam over moderate heat for 5 minutes.

Season with salt, pepper and oregano.

Add tomato, cook uncovered 2-3 minutes.

Add beaten eggs, cook until firm.

When solid, cut into wedges and place on sour dough bread with a bed of arugula.

Adapted from: [Antoinette Pope Cookbook](#)

