

SHOPPING LIST

CHECK YOUR PANTRY

- Vegetable oil spray
- Vegetable oil
- Sugar
- Salt
- Pepper

These common items are used in many recipes.

BREAKFAST SANDWICHES

- 2 rolls or English muffins
- 2 slices American or cheddar cheese
- 1 tablespoon unsalted butter
- 4 slices cooked bacon or 2 cooked sausage patties
- 2 large eggs

DIY BREAKFAST SAUSAGE

- 1 teaspoon ground sage
- ¼ teaspoon dried thyme
- ¼ teaspoon ground fennel
- ⅓ teaspoon garlic powder
- Pinch cayenne pepper (optional)
- 1 tablespoon maple syrup
- 1 pound ground pork



PALACE DINER

LEMON-BUTTERMILK FLAPJACKS

- 1⅓ cups (6⅔ ounces) all-purpose flour
- ¾ teaspoon baking soda
- ½ teaspoon baking powder
- 1⅓ cups (10⅔ ounces) buttermilk
- 3 tablespoons unsalted butter
- 2 large eggs
- 1 lemon

AN EGGY EGGSERIMENT

- 3 large eggs

