

Perfect Breakfast Bagel Sandwich Recipe with Egg, Cheese, and Sausage

Breakfast Bagel Sandwich Recipe: The Perfect Hearty Morning Meal



METHOD

Air fryer

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ChefManiac

INGREDIENTS

2 bagels, sliced in half
4 large eggs
4 slices cheddar cheese, American cheese, or provolone
4 breakfast sausage patties or 4 slices cooked bacon
2 tablespoons butter
Salt, to taste
Black pepper, to taste
Optional Add-Ins:
Sliced avocado
Tomato slices
Baby spinach
Hot sauce
Cream cheese
Caramelized onions

DIRECTIONS

1. Cook the breakfast meat. In a skillet over medium heat, cook the sausage patties or bacon until browned and fully cooked. Transfer to a plate and keep warm.
2. Prepare the eggs. Crack the eggs into the same skillet and cook them to your preference. For a neat sandwich, I like either folded scrambled eggs or fried eggs with set yolks. Season with salt and black pepper.
3. Toast the bagels. While the eggs cook, toast the bagel halves until lightly crisp. This step adds texture and helps prevent the sandwich from getting soggy.
4. Melt the cheese. Place the cheese slices over the hot eggs or meat for a few seconds so they begin to melt, or let the heat of the assembled sandwich do the work.
5. Assemble the sandwiches. Spread a little butter on the warm toasted bagels if desired. Layer the bottom half of each bagel with egg, cheese, and sausage or bacon. Add any extras like avocado or tomato, then top with the other bagel half.
6. Serve warm. Slice in half and serve immediately while the cheese is soft and everything is hot.

SWAPS & NOTES

Bagels: Plain, everything, sesame, or cheddar bagels all work well here.

Protein: Sausage gives it a classic hearty flavor, but bacon, ham, or even turkey sausage are great options.

Cheese: Cheddar adds sharpness, American melts beautifully, and provolone gives a slightly milder flavor.

Egg style: Fried, scrambled, or folded eggs all work depending on the texture you like best.

TIPS FOR SUCCESS

The best breakfast bagel sandwich starts with a properly toasted bagel.

You want enough crunch to give the sandwich structure, but not so much that it becomes hard to bite through.

Lightly toasting it is the sweet spot.

Another tip is to avoid overcooking the eggs.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/perfect-breakfast-bagel-sandwich-recipe-with-egg-cheese-and-sausage/>