

English Muffin Egg Surprise

Simple and wholesome ingredients come together to make a quick, portable breakfast sandwich.

Prep Time: 5 minutes

Cook Time: 0 minutes

Serves: 1

Ingredients:

1 egg

Pinch each salt and pepper

1 English muffin, toasted

1 slice tomato

1 slice Cheddar cheese

Directions:

Crack the egg into the Microwave Egg Muffin Pan. Add salt and pepper. Whisk with a fork for 20 seconds. Cook in the microwave for 1 minute or until set.

Slide the egg on the bottom half of the toasted English muffin. Top with tomato and cheese. Microwave for 30 seconds or until cheese is melted. Top with remaining English muffin half.

Tip:

- For extra protein, add a slice of ham, cooked bacon or turkey to the sandwich.

Nutrients Per Serving (recipe serves 1)

Calories: 243

Fat: 8 grams

Sodium: 546 mg

Carbohydrates: 27 grams

Fibre: 1.5 grams

Protein: 14 grams