

English Muffin Breakfast Sandwich

Serves 2, 1 sandwich per serving



Ingredients

- 1 small tomato
- 2 cups fresh spinach
- 2 whole wheat English muffins
- 1 teaspoon canola oil
- 2 large eggs
- Pinch salt

Optional Ingredients

- 1 small avocado

Nutrition Facts

Serving Size 1 sandwich
Servings Per Recipe 2

Amount Per Serving

Calories 250 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 185mg **62%**

Sodium 320mg **14%**

Total Carbohydrate 30g **11%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 13g

Vitamin A 60% • Vitamin C 15%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Rinse and slice tomato into 4 slices. Rinse spinach. If using avocado, peel, remove pit, and slice now.
2. Split each muffin in half. Set muffin tops aside.
3. In a medium skillet over medium heat, heat oil.
4. Gently break eggs into skillet. Be careful not to break the yolk. Cook about 1 minute. Carefully flip each egg over with a rubber spatula. Cook until yolk is slightly firm, about 1–2 minutes. Top each muffin bottom with cooked egg.
5. Add spinach to skillet with a splash of water and pinch of salt. Cover and cook until wilted, about 1–2 minutes.
6. Top the egg with tomato and spinach. If using avocado, add avocado slices now. Cover with the muffin tops to make a sandwich.



Chef's Notes - Make it Quick!

- Scramble the eggs instead of frying, if you like.
- Try toasting the muffins in a toaster or in the oven set to broil before adding eggs and toppings.
- Top cooked eggs with sliced low-fat cheese or turkey bacon. Cook 1 slice turkey bacon in skillet for 1 minute on each side. Break into pieces and add to muffin.