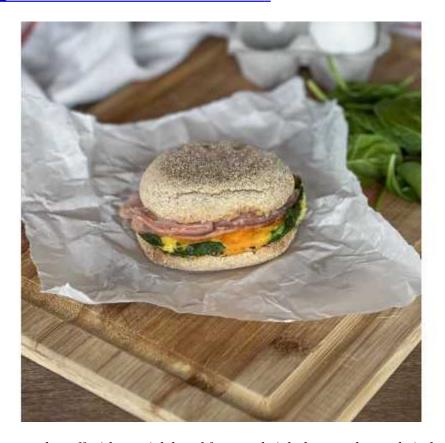
Express Breakfast Sandwich



Start your day off with a quick breakfast sandwich that can be made in less than 5 minutes. Set a timer, because the longest part of this recipe is simply toasting your English muffin! You can also make these ahead of time and simply heat them up in the microwave.

Preparation 2 min
Cooking 2 min
Portion 1
Nutrition Facts (per serving)
Calories 310 kcal
Fat 10 g
Carbohydrates 27 g
Fibre 3 g
Protein 27 g
Sodium 700 mg

Ingredients

- 1 whole wheat English muffin
- Legg
- 1 handful of spinach, shredded
- Pepper, to taste
- 30g (1 oz) light cheddar cheese (<20% m.f.), shredded

• 1 thin slice of ham

Preparation

- 1. Cut the English muffin in halves, and put in the toaster.
- 2. In the meantime, in a small bowl, combine eggs, spinach, and pepper. Top with cheese and microwave for 1.5 minutes.
- 3. Once the English muffin is toasted, spread mayonnaise on both inner slices, then top with microwaved omelet and finish with the slice of ham.

Notes

Keeps 3 days in the refrigerator, freeze for up to 3 months.



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