

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
- 1 egg
- 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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