

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

Servings 1

Nutrition Facts (per serving)

Calories 310

Fat 10

Carbohydrates 27

Fibre 3

Protein 27

Sodium 700

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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