

# English Muffin Breakfast Sandwich

<b>Code</b>
\$, Q, RH, V

## Ingredients Needed:

- 1 whole wheat English muffin
- 1 slice of non-fat cheese
- 2 slices of tomato
- 1 egg
- Pepper to taste



<b>Nutrition Facts:</b>	
Yield	1 serving
Calories	242
Total Fat	6.6 g
Sat Fat	2 g
Sodium	625 mg
Added Sugar	0 g
Fiber	5 g
Vitamin A	18% DV
Calcium	46% DV
Iron	11% DV

## Recipe Directions:

- Slice English muffin in half, toast if desired.
- Place one half of the muffin on a microwavable plate and gently crack open the egg on it.
- Microwave egg for 45 seconds or 1 minute, or until done.
- Sprinkle pepper over egg, to taste.
- Top egg with cheese, tomato slices, and top muffin half.
- Microwave another 10-20 seconds, until cheese melts.