

Veggie Egg Sandwich

DESCRIPTION:

Skip the fast-food line and DIY breakfast sandwich at home! You will save money AND unhealthy calories.

INGREDIENTS:

- 1 whole wheat English muffin
- 1 fried egg
- 1 slice pepper jack cheese
- 1 slice tomato
- ¼ cup baby spinach, rinsed

DIRECTIONS:

1. To cook the egg: place a non-stick pan over medium heat and grease slightly with a few drops of olive oil (or coat with olive oil spray). Crack the egg into the non-stick pan and cook until egg white is fully opaque in color. Flip the egg over and cook on the other side. You can also steam cook the egg by placing it in the microwave (don't forget to cover it).
2. Toast English muffin and top with fried egg, slice of cheese, baby spinach and sliced tomato.
3. Add pepper, basil or cayenne pepper for an extra kick.
4. Enjoy with a side of fresh cantaloupe or other fresh fruit.



NUTRITION INFO

Serving Size	1
Servings per recipe	1
Calories	259
Fat	11g
Saturated Fat	5g
Sodium	364mg
Carbohydrates	24g
Fiber	3g
Sugar	2g
Protein	16g

FACT: Eggs are nutritionally dense and a great addition to any healthy diet and weight loss program. They contain selenium, choline, vitamin B12, riboflavin and iron, as well as many other nutrients. A myth debunked: while eggs contain cholesterol, new research shows that eating them does not raise your cholesterol levels or increase the chances of heart disease.