

MICROWAVE EGG SANDWICH



INGREDIENTS:

- 1 piece of Canadian Bacon
 - ¼ cup egg substitute
 - 1 tablespoon salsa
 - 1 tablespoon shredded cheese
 - 1 English Muffin, split and toasted
- 3 spinach leaves

DIRECTIONS:

1. Place Canadian bacon on bottom of a 6-oz. ramekin or custard cup coated with cooking spray. Pour egg substitute over top. Microwave, uncovered, on high for 30 seconds; stir. Microwave 15-30 seconds or until egg is almost set. Top with salsa; sprinkle with cheese. Microwave just until cheese is melted, about 10 seconds.
2. Line bottom of English muffin with spinach. Place egg and Canadian bacon over spinach; replace English muffin top.

BALANCING MEAL IDEAS:

1. Add fruit of choice as your side
2. Change English Muffin to whole wheat or other whole grain bread option if wanting to increase fiber intake
3. Add more of meat option to increase protein intake

NOTES:

- Choose your preference of protein! (Ex: Bacon, Turkey Bacon, Sausage, vegetarian breakfast meat-substitutes)

Reference: <https://www.tasteofhome.com/recipes/microwave-egg-sandwich/>