

Easy Egg Sandwich

IOWA

Student Wellness

Ingredients

1 frozen veggie sausage patty or 2 oz. lean ham
1 large egg
1 slice 2% low-fat American cheese
1 whole grain English muffin
1 teaspoon soft margarine

Directions

1. Spray skillet with cooking spray. Heat veggie sausage or ham in pan over medium heat for 5 minutes, turning once. Remove from heat.
2. Break egg into same pan (breaking the yolk) and cook for 1-2 minutes. Flip egg over with spatula and cook an additional 1-2 minutes. Place cheese on top of the egg. Heat for 1 minute.
3. Toast English muffin in pan or toaster.
4. When English muffin is toasted, spread soft margarine on both halves. Layer sausage, egg and cheese onto bottom half of muffin. Top with other half of muffin



Makes 1 serving

Nutrition information per serving

(1 sandwich):

*360 calories, 15g fat, 25g protein
34g carbohydrates, 800mg sodium*