



# Egg and Veggie Breakfast Sammie

Servings 1 | Prep time 15 mins. | Total time 23 mins.

**Equipment:** Medium Bowl, Non-Stick Frying Pan and Lid, Measuring Cups and Spoons

**Utensils:** Whisk or Fork, Spatula, Knife

## Ingredients

1 teaspoon olive or vegetable oil  
¼ cup fresh spinach, packed into measuring cup  
2 tablespoons red bell pepper, chopped  
1 egg  
Salt, to taste  
Black pepper, to taste  
1 whole wheat English muffin  
1 slice low-fat cheese  
¼ avocado, sliced

## Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Heat a non-stick frying pan over medium heat. Add oil to frying pan. Sauté spinach and red bell pepper for 3 minutes, until spinach is wilted.
3. Remove vegetable mixture from heat, and place into medium bowl. Crack egg into bowl, and whisk together with spinach, red bell pepper, salt, and black pepper.
4. Pour egg mixture into pan and scrape together to form the shape of a small circular patty. Cover the pan and cook for 3 minutes until egg mixture has set on the bottom.
5. If you prefer a toasted muffin sandwich, place English muffin in toaster to heat. Use a spatula to flip the egg and cook for another 3 minutes, until cooked through.
6. Place the egg patty on the English muffin and top with cheese and sliced avocado.

## Nutritional Information:

Calories 330  
Total Fat 17g  
Sodium 520mg  
Total Carbs 32g  
Protein 15g