



Egg and Veggie Breakfast Sammie

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

Equipment:

Medium bowl

Non-stick frying pan with lid

Utensils:

Whisk or fork

Spatula

Knife

Measuring cups and spoons

Ingredients

1 teaspoon olive oil OR vegetable oil

1/4 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 reduced fat cheese

1/4 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, or 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