



## Egg and Cheese Muffin

1 serving

Eating breakfast provides your body with the energy it needs to start the day, helps you stay alert, and can improve your mood.



1 whole wheat English muffin, cut in half and toasted 1 egg 1 slice American or Cheddar cheese Salt and pepper, to taste (optional) Fresh spinach leaves (optional)

- 1. Wash hands with soap and water.
- 2. Gently wash spinach under cold running water. If spinach is marked "pre-washed" or "ready-toeat", use the spinach without further washing.
- 3. Spray a coffee mug or small bowl with non-stick cooking spray. Crack egg into mug and beat with fork.
- 4. Wash hands with soap and water after cracking raw egg.
- 5. Microwave egg for approximately 1 minute. (Cooking times may vary.)
- 6. Remove cooked egg from mug and place on one half of the toasted English muffin. Place cheese slice on egg.
- 7. Season with salt and pepper, if desired. Place fresh spinach leaves on top of cheese, if desired.
- 8. Top with remaining half of English muffin.

Nutrition Information per Serving: (1 muffin) Calories 295. Total Fat 15g, Saturated Fat 8g, Sodium 450mg, Total Carbohydrate 24g, Dietary Fiber 4g, Protein 18g.

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