

Egg and cheese breakfast sandwiches

Makes 6 servings

Ingredients:

1 package English muffins (6 count), toasted
Olive oil cooking spray
6 large eggs
6 slices cheese (cheddar, Swiss, Provolone, or other)
2 tablespoons water
Optional toppings: spoonful of chives, crumbled cooked
bacon, handful baby spinach, sliced tomato, or red onion



*Note: for a single sandwich, use 1 muffin, 1 egg, 1 slice cheese, and 1 teaspoon water

Instructions:

Heat non stick pan on medium heat and spray with non stick spray. In a medium sized bowl, whisk together eggs and water. Pour 1/6 mixture into heated pan and tilt to cover surface of pan with thin layer of egg. Place slice of cheese in the middle and after one minute or so, fold egg over to cover cheese. Place egg on toasted English muffin and add any additional toppings, if using.

Repeat with remaining ingredients. If freezing, allow to cool, then wrap tightly with tin foil and store in gallon sized freezer bag. Microwave 1-2 minutes to reheat.

Nutrition info (per sandwich): 268 calories, 11g fat, 401mg sodium, 27g carb, 1g fiber, 14g protein.

Adapted from the Smitten Kitchen



University Health Center

Student Affairs

UNIVERSITY OF GEORGIA

