

## 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-to-eat", 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.