



## **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
- Fresh spinach leaves, (optional)



- 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 310, Total Fat 15g, Saturated Fat 7g, Cholesterol 190mg, Sodium 480mg, Total Carbohydrate 28g, Dietary Fiber 4g, Sugars 6g, includes 0g Added Sugars, Protein 18g, Potassium 4%, Vitamin D 6%, Calcium 30%, Iron 10%.



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