



English Muffin Breakfast Sandwich

SERVES: 2 PREP TIME: 1 min. COOK TIME: 15 min.

Ingredients:

1 small tomato

2 cups fresh spinach

2 whole wheat English muffins

1 teaspoon canola oil

2 large eggs

Pinch of salt

Directions:

1. Rinse and slice tomato into 4 slices. Rinse spinach. If using avocado, peel, remove pit, and slice now.
2. Split each muffin in half. Set muffin tops aside.
3. In a medium skillet over medium heat, heat oil.
4. Gently break eggs into skillet. Be careful not to break the yolk. Cook about 1 minute. Carefully flip each egg over with a rubber spatula. Cook until yolk is slightly firm, about 1–2 minutes. Top each muffin bottom with cooked egg.
5. Add spinach to skillet with a splash of water and pinch of salt. Cover and cook until wilted, about 3 minutes.
6. Top the egg with tomato and spinach. If using avocado, add avocado slices now. Cover with the muffin tops to make a sandwich.