

Egg-Me-On Sunrise Sandwich

Quicker than the drive-through!

Makes: 4 halves

Ingredients:

- 2 whole wheat or white English muffins
- 2 eggs
- 4 tablespoons shredded cheddar cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions:

Remember to wash your hands!

1. Preheat oven to 450 degrees F.
2. Line a baking sheet with foil and lightly coat with cooking spray.
3. Open English muffins and place “inside-up” on baking sheet.
4. In a glass measuring cup, beat eggs, cheese, salt and pepper with fork until well blended.
5. Slowly pour egg mixture onto each English muffin half, keeping as much as possible on the muffins.
6. Bake 10-12 minutes or until egg mixture is no longer runny and cheese is melted. Serve open-face or as a sandwich.

Nutrition Facts: One-half sandwich provides 130 calories, 6g total fat, 115mg cholesterol, 360mg sodium, 14g total carbohydrate

K-STATE RESEARCH AND EXTENSION
FAMILY NUTRITION PROGRAM



Chef's Choice

Egg-Me-On Sunrise Sandwich
Slice of ham
Orange juice
Low fat milk

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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