



Egg-Me-On Sunrise Sandwich

Quicker than the drive-through!



Level: Medium

Makes: 4 halves

Kids' Tool Kit

Baking pan
Foil
Cooking spray
Glass measuring cup
Fork
Measuring spoons
Small bowl
Spatula

Chef's Choice

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

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 to 12 minutes or until egg mixture is no longer runny and cheese is melted. Serve open-face or as a sandwich.



Helpful Hints: Individualize these to fit your family! Add thyme, dill, cumin, diced onion or green pepper to the egg mixture or cooked sausage, ham or bacon to the sandwich. Made-to-order, these are just the way kids like 'em.

Kids can do the math to increase the servings in this easy recipe. For each sandwich you need 1 English muffin, 1 egg, 2 tablespoons cheese and a little seasoning.

A glass measuring cup works great to combine the egg mixture because you have a "pouring spout" for the next step. Slowly pour the egg mixture over the English muffins and let it soak in before adding more. If some of the mixture runs over the edges, don't worry, it will still taste great!

If you have a block of cheese, use a potato peeler to safely "shred" cheese. Kids will think this is fun!

Let these bake while you are getting ready for school or work, and then eat a hot breakfast before you head out the door. In a real hurry? Put two halves together to make a breakfast sandwich, wrap in foil and head out the door with a "to-go" hearty treat!

Breakfast is the most important meal of the day, and this sandwich gives kids the boost they need to do their best in school. Each serving is packed with protein, carbohydrates, calcium and iron to start the day off right!



Safety Tips in the Kitchen: Remember to wash your hands after breaking the eggs into the cup and again if you get any egg on your hands while topping the English muffin. If Salmonella is contained in the egg, it's easily spread to your hands, other foods, counters and clean dishes. Hand washing with hot, soapy water is a must! Bake the egg until the white and yolk are completely set for safety's sake.

Hot, hot, hot! Have a dry hot pad ready to take the baking pan from the oven. Use a spatula to remove the sandwiches from the baking pan, and let them cool for a minute or two before the first bite!

Remember to turn off the oven as soon as the English muffins are done!

Nutrition Facts

Serving Size 1/2 sandwich (65g)
Servings Per Container 4

Amount Per Serving
Calories 130 Calories from Fat 50

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2.5g 12%

Cholesterol 115mg 38%

Sodium 360mg 15%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 9%

Sugars 3g

Protein 8g

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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.