



Cheesy Veggie-Boosted B-fast Sandwich



Entire recipe: 228 calories, 4g total fat (2g sat. fat), 764mg sodium, 26.5g carbs, 5.5g fiber, 4.5g sugars, 22g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1/2 cup chopped spinach leaves
1 tbsp. finely chopped red onion
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
One light English muffin or 100-calorie flat sandwich bun
1 slice 2% milk Swiss cheese

Directions

Spray a medium microwave-safe bowl with nonstick spray. (The bottom of the bowl should be about the size of the muffin/bun.) Microwave spinach and onion for 1 minute, or until spinach has wilted. Blot away excess moisture.

Add egg substitute and stir well. Microwave for 1 minute.

Gently stir, and microwave for 1 more minute.

Place the bottom half of the muffin/bun on a microwave-safe plate. Top with egg patty, followed by cheese. Top with the other half of the muffin/bun.

Microwave for 20 seconds, or until cheese has melted. Eat up!

MAKES 1 SERVING

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