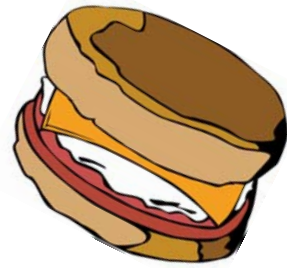


Egg Mac Muffin

1 serving

What you need:

- 1 frozen veggie sausage patty (like Morningstar Farms or Boca) or 2 oz. lean ham
- 1 large egg
- 1 slice 2% low-fat American cheese
- 1 whole grain English muffin
- 1 tsp soft margarine



All you do:

1. Spray skillet with cooking spray. Heat veggie sausage in pan over medium heat for 5 minutes, turning once. Remove from heat.
2. Break egg into same pan (breaking the yolk) and cook for 1-2 minutes. Flip egg over with spatula and cook an additional 1-2 minutes. Place cheese on top of the egg. Heat for 1 minute or until the cheese is melted.
3. While cheese is melting, toast English muffin either in the pan or in the toaster.
4. When English muffin is toasted, spread soft margarine on both halves. Layer sausage, egg and cheese onto bottom half of muffin. Top with other half of muffin.

Nutrition facts per serving: 360 calories, 15g total fat, 3g saturated fat, 215mg cholesterol, 800mg sodium, 34g carbohydrate, 7g dietary fiber, 25g protein