

Recipe

Egg Sandwich

Prep Time: 1 min

Cook Time: 4 mins

Total Time: 5 mins

Ingredients 1 egg

1 tablespoon milk

2 slices white bread

1 pinch salt and pepper to taste

1 slice of American cheese

Directions

Step 1 Crack the egg into a microwave-safe cereal bowl and whisk in the milk. Season with salt and pepper. Cook in the microwave on 100% power for 1 to 2 minutes, or until cooked through.

Step 2 While the egg is cooking, toast the bread. Use a spoon to remove the cooked egg from the bowl and set it on one piece of toast. Top with a slice of cheese and the other piece of toast. Cook in the microwave until cheese is melted about 15 seconds.

Nutrition Facts Per serving: 318 calories; total fat 16g; saturated fat 8g; cholesterol 214mg; sodium 839mg; total carbohydrate 27g; dietary fiber 1g; total sugars 3g; protein 17g; calcium 276mg; iron 3mg; potassium 188mg