

Healthy Breakfast Sandwich

A quick and easy breakfast with whole grain muffins, egg whites, spinach, and fresh tomato.

Prep Time:5 mins

Cook Time:5 mins

Total Time:10 mins

Servings:2

Yield:2 sandwiches

Ingredients

- ¾ cup liquid egg whites
- 2 whole-wheat English muffins, split
- ½ cup baby spinach leaves
- 2 slices fresh tomato

Directions

1. Cook egg whites in a nonstick skillet over medium heat until opaque, about 4 minutes.
2. Toast English muffins. Divide cooked egg whites between 2 muffin bottoms. Top with spinach, 1 tomato slice, and muffin tops.