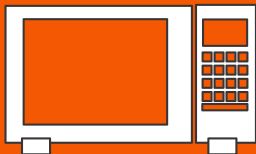


Breakfast on the Run Sandwich

Serves: 1

INGREDIENTS

- 1 bagel or English muffin
- 1 egg
- 1 slice of cheese
- Cooking oil spray
- Salt and pepper, if desired
- Possible toppings: spinach, lettuce, tomato slice



INSTRUCTIONS

1. Spray cooking oil in a small microwave-safe flat bowl.
2. Crack egg into cup and check for egg shells. Whisk egg with fork and pour into sprayed bowl.
3. Microwave for 60-70 seconds until set. Season if desired.
4. Toast bagel or English muffin, if desired.
5. Top muffin or bagel with sliced cheese, egg, and toppings. Head out the door with your sandwich!

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Microwave Tips

Add milk to eggs and stir well with wire whisk or fork, if desired.

Microwave eggs until both the yolk and the white are firm.

Microwaved eggs are just as healthy as stove-cooked eggs.

Shredded cheese can be used for this recipe.

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