



Breakfast Sandwich D

INGREDIENTS:

- 1 large whole egg
- 1 slice reduced-fat American cheese
- 2 slices low-fat deli ham
- 1 whole-wheat English muffin

DIRECTIONS:

Make breakfast sandwich: toast muffin; fry ham in pan and place on one half of muffin.

Fry egg in pan using nonstick cooking spray and place on ham; top egg with cheese and cover with other muffin half to make breakfast sandwich.