

## **Quick and Healthy Breakfast Sandwich**

1 whole grain English muffin per person  
1 egg per person  
1 slice reduced sodium ham per person  
4 oz. reduced fat cheese (grated)  
mushrooms/onions/green pepper/tomato, chopped (optional)

1. Spray a small amount of cooking spray into sauté pan, heat pan to medium heat
2. Crack egg into heated skillet, let cook until edges are firm. Once firm, puncture the yolk with spatula and evenly distribute egg (total of 2-3 minutes cooking on this side)
3. Flip egg and place cheese and meat on top of egg, cover and cook for 1 minute or until egg is no longer runny
4. Use spatula to pick up egg, meat, and cheese, and slide onto muffin
5. Toast muffin when egg is almost done

\*\*If making vegetables, sauté in a separate skillet, add to finished egg/cheese/meat\*\*

## **Fruit Salad**

### **Ingredients**

bananas, strawberries, raspberries, blackberries, oranges, kiwi (will vary based on availability)

Slice fruit, mix all fruits together in a large serving bowl, divide equally