

Mighty Muffin

What You'll Need

- 1 whole wheat English muffin
- 2 egg whites
- 1 slice low-fat cheese

- Chives, green onions, salsa, diced peppers, mushrooms
- Cooking spray

Serves 1

Let's Cook!

- 1 Spray a mug with cooking spray.
- 2 Pour egg whites into mug. Add any additional spices or vegetables. Place a small plate over the cup to avoid splattering.
- 3 Cook in microwave for 1½ minutes.
- 4 Put cheese on top of egg white and cook in microwave for an additional 10-15 seconds or until cheese has melted.
- 5 Toast English muffin.
- 6 Place cooked egg white and cheese between the muffins and serve as a sandwich.

Nutrition Facts

Serving Size (161g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 30
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	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 590mg	25%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 20g	
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Vitamin A 2%	Vitamin C 0%
Calcium 30%	Iron 10%

