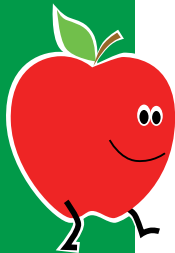


RECIPE



Make-ahead Breakfast Sandwich

Start to Finish: 30 minutes Servings: 6

Ingredients:

6 large eggs
6 slices of white cheddar cheese
6 slices of Canadian bacon
6 whole-wheat English muffins
Pepper to taste

Directions:

1. Preheat oven to 350 F.
2. Spray 6 ramekins or a jumbo muffin tin with cooking spray. If using ramekins, place them on a baking sheet. Add an egg to each one and break each yolk with the tip of a knife. Bake eggs for 25-30 minutes, until set.
3. Prepare the muffins by splitting them open. Add a piece of cheese and Canadian bacon. Add one baked egg to each sandwich.
4. Wrap individual sandwiches in wax paper to keep throughout the week. Reheat in a microwave for 30 seconds.

Note: If freezing, place wrapped sandwiches in a freezer bag and reheat in microwave for 1 1/2 minutes.

Nutrition Information Per Serving:

357 Calories; 17.3 g Total Fat; 7.8 g Saturated Fat; 1.2 g Monounsaturated Fat; 228 mg Cholesterol; 4.4 g Fiber; 918 mg Sodium; 5.3 g Sugars; 28 g Carbohydrates; 5.8 g Protein; 298.6 mg Potassium