



## Pesto Breakfast Sandwich

This is a great, filling breakfast that comes together in just a few minutes.

**\*\*Multiply Recipe by 4\*\***

<u>U.S.</u>		<u>Metric</u>
1 each	Whole Wheat English Muffin	1 each
2 Tbsp	Basil Pesto (see recipe)	10 g
1 tsp	Olive Oil	5 mL
1 large	Egg	1 large
1/4 each	Tomato, sliced	1/4 each
1/4 cup	Spinach, fresh (or other greens such as arugula)	7.5 g
1/8 tsp	Salt, Kosher	0.75 g
to taste	Black Pepper, ground	to taste

### Preparation:

1. Gather all ingredients and equipment.
2. Toast English muffin.
3. While muffin is toasting, heat the olive oil in small non-stick pan over medium heat. Cook the egg until the bottom starts to solidify. Season with salt and pepper.
4. Flip the egg and cook the other side. Cook to your preference.
5. When the muffin is done toasting, spread the pesto on each half.
6. Place the spinach on the bottom half of the English muffin. Top it with the tomato slices, then the egg, and then the top of the English muffin.
7. Enjoy!

---

## Nutrition Facts

1 Servings

**Serving size**                      **1 Sandwich**

---

**Amount per serving**

**Calories**                              **300**

Calories from Fat                      150

**Total Fat**                              16 g

    Saturated Fat                      3 g

    Trans Fat                              0 g

    Monounsaturated Fat              5 g

**Cholesterol**                          190 mg

**Sodium**                                  450 mg

**Total Carbohydrate**              27 g

    Dietary Fiber                      4 g

    Total Sugars                        4 g

    Includes 0g Added Sugars

**Protein**                                  14 g

4/11/18

Vitamin D	0 %
Calcium	8 %
Iron	8 %
Potassium	165 mg
Phosphorus	130 mg

---