



# EGG, LETTUCE & TOMATO BREAKFAST SANDWICH

## Ingredients

- 1 whole wheat English muffin
- 1 egg
- 1 green lettuce leaf
- 1 tomato slice
- 1 slice cheese (optional)
- 1-2 tsp butter
- Black pepper, ground
- 1/2 tsp cooking oil

### SERVINGS:

- Serves 1

### TOTAL TIME: 15 MIN

- Prep: 5 min
- Cook: 10 min

## Directions

- 1) Heat 1 tsp cooking oil in a small skillet over medium heat.
- 2) Crack one egg into the skillet and cook until no longer runny, flipping halfway through.
- 3) Toast English muffin; once toasted apply a small amount of butter to each side.
- 4) Slice tomato
- 5) Wash lettuce leaf
- 6) Assemble prepared ingredients into a sandwich.

## Nutrition Information

- Calories: 382
- Fat: 23.9g
- Protein: 15.9g
- Total Carb: 29.3g
- Fibre: 5.0g
- Net Carb: 24.3g