



Presto! Breakfast Sandwich



Entire recipe: 223 calories, 5.5g total fat (3g sat. fat), 773mg sodium, 24g carbs, 5g fiber, 3.5g sugars, 22.5g protein

Prep: 5 minutes or less **Cook:** 5 minutes or less

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Ingredients

1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
Dash each salt and black pepper
One light English muffin or 100-calorie sandwich bun
1 slice reduced-fat cheddar cheese
Optional topping: ketchup

Directions

To make the egg patty, spray a medium microwave-safe bowl with nonstick spray. (The bottom of the bowl should be about the size of the sandwich bun.) Add egg substitute, salt, and pepper. Microwave for 1 minute.

Gently stir, and microwave for 1 more minute.

Place one half of the muffin/bun on a microwave-safe plate. Top with egg patty, followed by cheese. Top with the other half of the muffin/bun.

Microwave for 20 seconds, or until cheese has melted. Eat up!

MAKES 1 SERVING

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