**Breakfast Sandwich**

**Ingredients:**

1-piece Canadian bacon  
1/4 cup egg substitute  
1 tablespoon salsa  
1 tablespoon shredded reduced-fat cheddar cheese  
1 whole wheat English muffin  
3 spinach leaves

**DIRECTIONS:**

1. Place Canadian bacon on bottom of a 6-oz micro-wave egg custard cup coated with cooking spray.

2. Pour egg substitute over top.

3. Microwave, uncovered, on high for 30 seconds; stir.

4. Microwave 15-30 seconds or until egg is almost set.

5. Top with salsa; sprinkle with cheese.

6. Microwave just until cheese is melted, about 10 seconds.

7. Line bottom of English muffin with spinach.

8. Place egg and Canadian bacon over spinach; replace English muffin top.