

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.