

BREAKFAST

Low-fat Egg “Sausage” Breakfast Sandwich

- 1 whole-wheat English muffin
- 1/4 cup egg substitute
- 1 breakfast sausage substitute patty
- 1 slice fat-free American cheese
- 1 Tbsp. salsa (optional)
- Chopped cilantro for garnish (optional)

Toast the muffin. In a 3-inch ramekin, lightly mist with cooking spray to coat sides to prevent sticking. Place the sausage patty in bottom of ramekin. Pour egg substitute over the sausage to cover. Microwave on high for 2 minutes, 22 seconds (repeating 2s lessens the amount of finger work) or until egg substitute is firm. Remove from microwave.

Caution: ramekin may be hot.

Place cooked egg substitute and sausage on English muffin and cover with a slice of cheese. Top with the other half of the toasted muffin.

For a southwest flavor, add salsa and chopped cilantro.

Easy of Prep: Easy **Serves:** 1

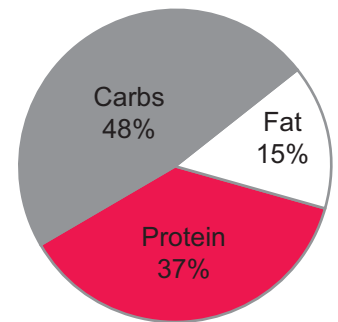


Nutrition Facts

Serving Size (66g)	
Servings: 1	
Amount Per Serving	
Calories 268	Calories from Fat 39
Total Fat 4g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 1,049mg	44%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	26%
Sugars 6g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 17%	Iron 9%

*Percent Daily Values are based on a 2,000 calorie diet.

American is the only place where it takes one calorie to roll down your car window to get a 700-calorie breakfast. A conventional fast-food breakfast sandwich has about 29 grams of fat and twice the number of calories as this low-fat egg sausage sandwich. This recipe is fast to prepare and tastes just like the drive-up window meal without the nitrites, excess salt, cholesterol and fat. All of the ingredients are available nationally in standard grocery stores.



DIABETIC EXCHANGE

2 ½ very lean meats, 2 starches