



HEALTHY EGG SANDWICH

Makes 6 sandwiches

EGG MIXTURE

- 6 large eggs
- 4 large egg whites
- 1 tablespoon extra-virgin olive oil
- 1 small diced yellow onion
- 1 cup chopped broccoli
- 1 8-ounce package sliced mushrooms
- 2 cups roughly chopped spinach
- 2 cloves minced garlic
- 1/4 teaspoon black pepper

SANDWICH

- 6 whole wheat English muffins
- 6 turkey slices (optional)
- 6 cheddar cheese slices (optional)

INSTRUCTIONS

Preheat oven to 375^o F and grease a 9"x13" baking pan with cooking spray. Whisk together eggs and egg whites in a large bowl. Set aside.

Heat olive oil in a large nonstick pan over medium heat. Add in onions and sauté for about 5 minutes. Add in broccoli, mushrooms, and spinach; cook for another 4 minutes, or until veggies are tender. Add in garlic and sauté for another 30 seconds. Season with salt and pepper. Mix with eggs and pour into prepared baking pan.

Bake in preheated oven for 20 to 30 minutes, or until the eggs have fully cooked through. Use a glass (or some sort of circle cutter) to cut eggs into a circle the size of your English muffins.

Toast English muffins to your liking. Place cheese on one side and turkey on another. Broil in the oven until cheese is melty and the turkey has warmed through. Top with cut out eggs and enjoy!

Freezer friendly option: Wrap each sandwich individually in aluminum foil. Place sandwiches in a freezer bag. Freeze for up to one month.